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Entertaining
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World

Comfort Zone

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stews, breads & more

Gather Your Gang
For Sunday Dinner

**WARM &
WONDERFUL!**

Tomato-Herb
Focaccia (page 61);
Stephanie's Slow
Cooker Stew (page 45)

YUM!
Garlic & Onion
Contest Winners

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SO MUCH ZESTY FLAVOR, THERE'S NO ROOM FOR SALT.



VIBRANT VEGGIE STIR FRY

Serves: 6 • Serving Size: 1 cup • Prep Time: 5 min. • Cook Time: 10 min.

Ingredients:

- | | |
|-----------------------------------|---------------------------------|
| 1 Tbsp. Mrs. Dash® Original Blend | 2 cups fresh, sliced mushrooms |
| 2 Tbsp. canola oil | 6 oz. snow peas |
| 2 medium carrots, thinly sliced | 1 small tomato, cut into wedges |
| 2 cups broccoli florets | 1 Tbsp. red wine vinegar |

Directions:

1. Heat oil and Mrs. Dash® Original Blend over high heat.
2. Add carrots and broccoli, cook for 2 minutes, stirring constantly. Add mushrooms and snow peas and cook for 2 more minutes.
3. Add tomato wedges and red wine vinegar, stir for another minute or until veggies are tender.

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“
Blues is to jazz
what yeast is to bread.
Without it, it's flat.”
—Carmen McRae,
jazz vocalist and pianist

On Our Cover

Tomato-Herb Focaccia, 61
Stephanie's Slow Cooker Stew, 45
This flavorful combo scores with everyone, whether it's served for a casual family supper or a game-day get-together

Photographer: Dan Roberts
Set Stylist: Stephanie Marchese
Food Stylist: Ronne Day

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Caring,
Sharing



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@tasteofhome

WHAT'S COOKING ONLINE!

ON OUR BLOG

TOH's Sarah James takes you behind the scenes of the magazine at our blog, loveandhomemaderecipes.com. Make sure to check out her salute to Valentine's Day chocolate as well as special Guinness-infused treats for St. Paddy's Day.

ON OUR WEBSITE

Treat your valentine to sweet sensations from tasteofhome.com/valentines. From delightful chocolate to delicate cookies, you'll find everything you need to show that special someone how much you care.



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What does your family do for Sunday dinner?



MEREDITH BEESING SUFFOLK, VIRGINIA **FE**

Growing up, Sunday dinner was the one meal the entire family was required to attend. Now I use Sunday to prepare more time-consuming recipes that I don't have time for during the week. My mom and I share the cooking responsibilities, taking turns hosting. The hostess prepares most of the meal, but the visiting family always pitches in a side or dessert. It's a wonderful time to share a home-cooked meal with the ones we love.

Meredith is a stay-at-home mom to David, 4, and Cameron, 1. Her husband, Don, is a computer programmer. Meredith has organized a social networking group of stay-at-home moms in Suffolk.

JO GROTH PLAINFIELD, IOWA **FE**

Although our four children are grown, three live in the area, so Sundays are special when they're able to join us. Everyone in our family (11 of us in all, including three grandchildren and my mom) enjoys a roast, either a slow-cooked beef roast or a pork roast on the grill. In the summer, we do kabobs and I marinate the meat the day before. I make a relish tray to munch on before dinner and always prepare a dessert, often cheesecake or pie.



Jo teaches fourth grade at a parochial school. Her husband, Randy, owns a veterinary practice. She made cheesecakes—30 of them—for each of her daughters' weddings.



JENNIFER LAND MIDLAND, TEXAS **FE**

Sunday is my day to experiment with new recipes, especially side dishes, to help use our CSA (a type of food co-op) share of vegetables each week. We love yummy, hearty meals on Sunday nights. Sometimes it's a roast and veggies in the slow cooker, or Italian comfort food on the stove. I also bake a batch of something sweet and send the leftovers to work with my husband on Monday. I like to involve our kids in the process and sometimes let them choose the recipes.

Jennifer is a massage therapist and childbirth educator. She and her husband, Ross, a computer programmer, have three young children. Jennifer is also active in the local MOMS Club.

FE denotes a *Taste of Home* Field Editor throughout the issue.

Send Us Your Best We'd love to try some of your family-favorite recipes and possibly include them in *Taste of Home*. It's easy to do. Just visit tasteofhome.com/submit

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■ ADVERTISING

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Piper Goodspeed, piper_goodspeed@rd.com

Eastern Account Manager

Briette Luparello, briette_luparello@rd.com

Detroit Account Manager

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Midwest & Western Account Director

Kelly Paxson, kelly_paxson@rd.com

Midwest Account Manager

Lorna Phillips, lorna_phillips@rd.com

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Special Stuff

Every family has what I call “special stuff”—those beloved foods whose mere mention conjures up wildly **vivid memories, complete with heavenly aromas.** Homemade cinnamon rolls on a winter morning. Spaghetti sauce simmering on the stove. Mom’s fresh-baked chocolate chip cookies. Uncle John’s famous barbecued chicken. You get the idea. Admit it: You are probably, at this moment, making a mental list of your own family’s special stuff.

We have an abundance of specialness in the Cassidy clan. But I believe my sisters and brother would agree with me that the most hallowed of “stuff” was what we called Gaga’s Three-Holer, Gaga being my grandmother and the “three-holer” being just about **the moistest devil’s food cake on earth.** It was so moist that it could be enjoyed easily without frosting (quite something for four avid frosting lovers). Almost as good as eating it was standing on a kitchen chair and helping her make it: sifting the flour, sugar and cocoa not once but three times; carefully carving just the right size holes in the dry ingredients for the vinegar, oil and vanilla; pouring in the water (no measure, simply “to cover all”). Then sitting in agonizing wait for it to bake and cool.

A simple and simply made treat, it was, and remains, the birthday cake of choice for all of us Cassidys. Even our children, for whom Gaga is a distant memory or a mostly benevolent ancestor, know what a three-holer is. (Although I’m pretty sure that at the top of their special stuff list is something fondly known as “squirrel soup”—but I’ll save that story for another day.)

Just writing this has started such a flood of memories for me! And really, that’s what makes food so special—how it nurtures our spirits as profoundly as it nourishes our bodies—and why the magazine in your hands is **the largest food magazine in the whole world.** Because it is, in the end, a collection of *your* special stuff—breakfasts and dinners, snacks and desserts, foods that have nourished and nurtured and created memories for your families in the same way Gaga’s Three-Holer did for mine.

Enjoy this issue. Below, I’ve shared a few of my favorite examples of your special stuff! ■



WE WANT TO HEAR FROM YOU!

What’s a special ingredient you use to add oomph to everyday foods?

I like to double the amount of garlic called for in a recipe—we’re big garlic eaters! Reader Kathy Lowe

of Des Moines, Iowa, likes to use picante sauce in place of ketchup to add zip to her meat loaf. To give her instant pudding a mousse-like texture, Sallie Ward of Menomonie, Wisconsin, stirs in sour cream. And I love how Maija Bowens of Millersburg, Indiana, sneaks extra vitamins in her whipped potatoes: She adds infant rice cereal!

SEND YOUR ANSWERS TO:
editors@tasteofhome.com and
put “Catherine” on the subject line

Go Bananas Whoopie
Pies, page 27

Catherine

CATHERINE CASSIDY Editor in Chief



Ensenada Shrimp
Cocktail, page 20



Rustic Fig, Onion and
Pear Tart, page 67



Dear Jane...

On a cooking show, the chef used a phrase that caught my attention: “Holy Trinity.” What did this term have to do with cooking, I wondered?

As I found out, in the culinary world, this term refers to a combination of three ingredients used as a flavor base for recipes. As I thought about it, I realized that I always start my entrees by sauteing onion, celery and garlic—my own cooking trio. Your particular trinity might be based on your ethnic background or your location. Cajun cooking, for instance, relies on onion, celery and bell pepper, while Chinese dishes often begin with scallions, ginger and garlic. Greek cooks frequently start with lemon juice, olive oil and oregano. What’s your Holy Trinity? Let me know.

TOH editorial assistant Jane Stasik reads all of your letters and e-mails. Feel free to drop her a note at DearJane@tasteofhome.com



SUCH A THRILL

I wanted to jot you a quick note to say thank you for using my steamed dumplings recipe in your recent issue. While I always look forward to seeing the recipes in *Taste of Home*, it was a special thrill to be able to see my own contribution in your magazine. My family got a big kick out of it, too! Thank you for your work in keeping *TOH* the best magazine for home cooks everywhere! —**STEVE NIEDERLOH** CHAMPLIN, MINNESOTA

Editor’s Note: *You’re very welcome, Steve. We loved your recipe and so did many other readers, including Sue from New Hampshire (at right).*

LEFTOVER TURKEY AT ITS FINEST

I was searching for a recipe to use my bamboo steamer and found one in the December/January issue of *Taste of Home*. Steve Niederloh’s Steamed Pork and Shrimp Dumplings recipe just needed a few changes for me and it was spectacular. I substituted leftover turkey from Thanksgiving for the shrimp and used sausage in place of the pork. My daughter and I had a nice time making these easy dumplings. The sauce is a great complement to them.

—**SUE PETERSON** WOLFEBORO, NEW HAMPSHIRE

WONDERFUL TRADE-OFF

This past Thanksgiving, my husband, daughter and I traveled to Lexington, Kentucky, to spend the holiday with our son, Jason; his wife, Lindsay; and their 6-month-old son, Jaxon. They were so excited to host their first Thanksgiving dinner. When we got there I noticed the October/November issue of *Taste of Home* on the counter, all beat up and corners curled.

Jason and Lindsay enjoy cooking, and they told me they would be cooking and I would be babysitting (sounded like heaven to me). They worked all day and made the most wonderful meal! For an appetizer, we had the Cherry-Brandy Baked Brie—it was awesome! They made the Champagne-Basted Turkey (best turkey I ever had), Green Beans in Yellow Pepper Butter, and my favorite, Honey-Thyme Butternut Squash. We all agreed it was one of the best meals of all time, and my husband and I come from families of great cooks. I’ve gotten *TOH* for many years, and now I also get it for my kids. I’m so glad they like to cook. Your magazine is inspiring, and we all love it!

—**PAM GROW** RIPPEY, IOWA

LOVE LETTER: TASTES LIKE HOME

I met the love of my life online almost 2 years ago. I moved to Canada to be with him, leaving behind my family and friends, and my job. I haven’t been able to find work since arriving, so I’ve become a full-time homemaker. The change was very hard on me. A few months after I moved, I got my first issue of *Taste of Home*, a gift from my grandmother. It has been such a blessing. The stories are inspirational and have helped me settle into my new lifestyle. I love experimenting with each new recipe, and your website is a lifesaver when it comes to learning to cook for two people on a budget. I look forward to each issue. Thank you for your amazing magazine! —**LIZ PROVENCHER** FREDERICTON, NEW BRUNSWICK

We welcome your comments and photos at editors@tasteofhome.com. Each issue, one lucky reader will receive a *TOH* apron for sending in our favorite “love” letter of the month. Liz, your apron is on its way!

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RECIPE
REVIEWS
NUTRITION

Pork Tenderloin with Peaches & Pecan Sauce

Prep: 20 min. Cook: 20 min. Makes: 4 servings

1 tbsp. olive oil	1 can (about 15 oz.) sliced peaches
1 pork tenderloin (about 1 lb.), cut into ¾" thick slices	in juice, drained, reserving juice
2 cloves garlic, minced	3 tbsp. low-sodium soy sauce
2 green onions, sliced	2 tbsp. honey
1 can (10¾ oz.) Campbell's® Condensed Golden Mushroom Soup	¼ cup pecan halves, toasted and broken into large pieces
	Hot cooked rice

- Heat oil in 10" skillet over medium-high heat. Add pork and cook until well browned on both sides. Remove pork from skillet.
- Add garlic and onions to skillet and cook and stir 1 min. Stir soup, peach juice, soy sauce and honey in skillet and heat to a boil. Cook 5 min. or until soup mixture is slightly reduced.
- Return pork to skillet. Stir in peaches. Reduce heat to low. Cook until pork is cooked through. Stir in pecans. Serve pork and sauce with rice. Sprinkle with additional sliced green onion, if desired.



It's amazing what soup can do.™

mixing bowl

FOOD news • TASTY nuggets

• FUN notes

Alphabet cookie cutters turn regular brownies into X's and O's for Valentine's Day. Find them at surlatable.com, \$26

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nuts for you

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Tongue-Tied

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olive juice

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by
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STUFF WE LOVE



Cool Cuppa Joe

Make your morning super-groovy with these espresso cups and saucers. The stoneware pieces are microwave and dishwasher safe. retroplanet.com, \$25 per set



Wax Lips!

The candies you coveted as a kid are back. Hometown Favorites offers Skybar, Necco Wafers, Dubble Bubble and more. Buy a piece, a pound or a gift basket. hometownfavorites.com, from 10¢

Twitchin' Topper

The vibe in your kitchen will be totally copacetic with this retro cotton Blossoms tablecloth. You dig? tabletopcouture.com, \$25



BLOOPERS

"I was in a hurry one day while making corn bread and wasn't wearing my much-needed glasses. I misread 3 teaspoons of baking powder and added 5 teaspoons instead. Within 10 minutes of putting my corn bread into the oven, I heard an explosion. When I ran over to look, I found corn bread batter splattered all over the oven wall. Guess who won't be in such a hurry the next time she bakes?"

—DEB DARR FALLS CITY, OREGON **FE**



GREAT FIND Happy St. Pat's, Y'all!

Southern hospitality meets Irish tradition in Savannah, Georgia, at the world's second largest St. Patrick's Day parade. *TOH* reader Becky Phillips Rhinehart, a Savannah resident, has watched it for years.

"My husband's office is on the parade route," she says. "We line the sidewalk with hundreds of chairs. Friends and family return every year for the parade. There's lots of food and fun!"

At the top o' the morn, upwards of 300,000 people gather on the streets of downtown to watch the 3-hour event, which features more than 350 entries, including

military divisions, bagpipe and drum corps, and more.

The parade marks the conclusion of a 2-week St. Patrick's Day celebration that includes the Greening of the Fountain in Forsyth Park, Irish dance, food and music. This year's 187th annual parade is scheduled for 10:15 a.m. on March 17. For more information, visit savannahsaintpatricksdays.com.

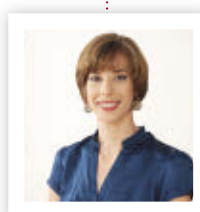


MORE ONLINE:

For more St. Patrick's Day parades around the country, visit tasteofhome.com/st.patsparades

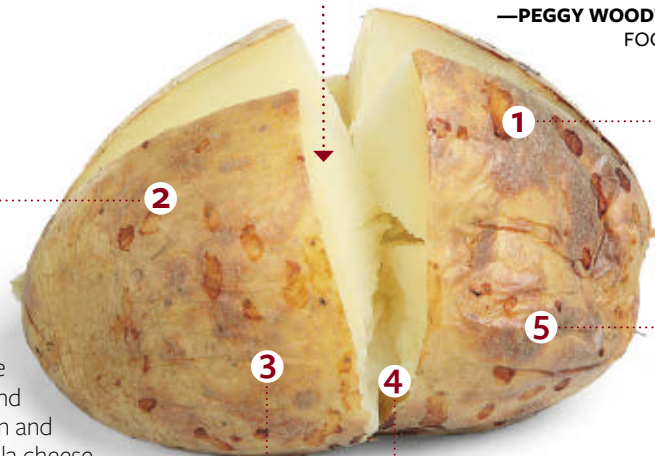
GIMME 5: Hot Potatoes

Baked potatoes are a dinnertime staple, but you can only top them with sour cream so many times before spuds become duds. Here are some of our staff's favorite other tater toppers.



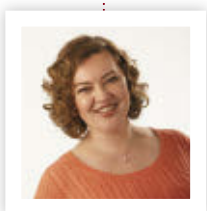
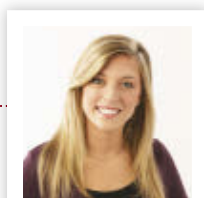
"Potatoes are a great way to use up leftover taco meat and toppings. I also like to make double-baked potatoes and add tuna and cheese to the filling for a main dish."

—PEGGY WOODWARD, RD
FOOD EDITOR



"I use frozen spinach, drained artichoke hearts, and Parmesan and mozzarella cheese, and combine it as you would when making twice-baked potatoes."

—DANIELLE CALKINS
ASSISTANT EDITOR,
HOME & GARDEN

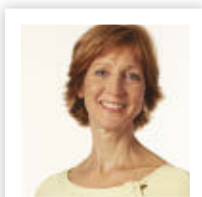


"I top mine with crispy bacon, blue cheese, sour cream and chives."

—CHRISTINE RUKAVENA
RECIPE EDITOR

"I combine small shrimp, chopped avocado, Russian dressing and sprouts to top baked potatoes. Sometimes, I add a little hot sauce."

—RONNE DAY FOOD STYLIST



"Last night's grilled brats are great sliced up over a potato with some sauerkraut. I also add a little caraway, butter, salt, pepper and American cheese."

—JON TRUELOVE SENIOR WEB DESIGNER



SURVEY SAYS...

We asked our Facebook fans to recall a favorite childhood snack. Boy, did we get interesting answers! Here are a few:

- Cold spaghetti sandwiches
- French fry sandwiches
- Saltine crackers topped with marshmallows and melted in the toaster oven
- Dill pickles wrapped in American cheese
- PB&J and potato chip sandwiches
- Cheerios fried in butter and sprinkled with salt
- Bread with butter and sugar, dipped into hot chocolate



Become a fan of TOH on Facebook and start sharing your opinions at [facebook.com/tasteofhome](https://www.facebook.com/tasteofhome)





**What's your
"Hats Off"
cooking triumph?**

Send it to editors@tasteofhome.com and put "Triumph" in the subject line. We'll award one success story each issue with a *Taste of Home* chef's hat, handmade by Field Editor Virginia Watson of Missouri. Congrats, Kim; your chef's hat is on its way!

WHEN YOU GET LEMONS...

"When I think of a recipe triumph, I think of the many summers I spent mastering great-tasting homemade lemonade, just like my mom used to make. Her delicious, thirst-quenching lemonade is famous in our family and the community where she lives.

"When our kids were young, I wanted to make lemonade as good as my mom's, but without all the work. It took a few summers to get the recipe right, but after many, many tries, I got it. Once I finally mastered it,

almost 20 years ago, our kids set up a lemonade stand and sold over 5 gallons in a couple of hours. They were thrilled! Since then, I've bartered services for a gallon or two of lemonade, provided countless gallons to farmers working in the hayfield and shared it at church dozens of times. Last summer, we sold over 10 gallons in 2 hours at a fund-raising concession stand.

"It's such a simple thing, but such a triumph that I can share with so many!" —**KIM MESSER** BALDWIN CITY, KANSAS

HIDE AND SEEK Enter Our Hidden Object Contest!



Find the Onion!

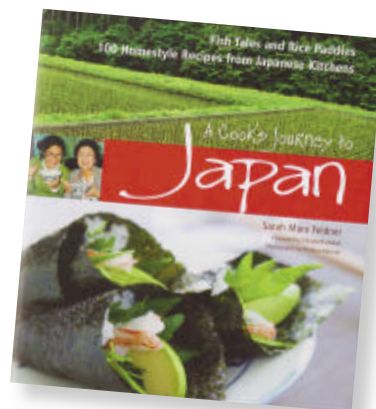
You could win a copy of the *Taste of Home Cooking Through the Seasons* cookbook, featuring nearly 600 recipes that bring out the unique flavors of spring, summer, fall and winter.

Go to tasteofhome.com to enter; 100 winners will be drawn from entries with the correct answer. Or mail a postcard with the page number and your name, address and phone number to Hide & Seek, *Taste of Home*, 5400 S. 60th St., Greendale, WI 53129. Winners are drawn at random.

In our December/January issue, the candy cane was in the photo of Peppermint Cream Pound Cake on page 95.

ONE FOR THE BOOKS

A Cook's Journey to Japan
Fish Tales and Rice Paddies
100 Homestyle Recipes from
Japanese Kitchens



This heartwarming book captures author and tasteofhome.com editor Sarah Marx Feldner's adventures through Japan, sampling home cooking and gathering recipes from wives, husbands, innkeepers and line cooks along the way. Sarah guides the reader through a world of authentic foods enjoyed by everyday Japanese people and makes it easy to bring those flavors home. It was named one of the 16 most notable cookbooks of 2010 by food52.com. Find it at bookstores or at amazon.com, \$27.95 ■

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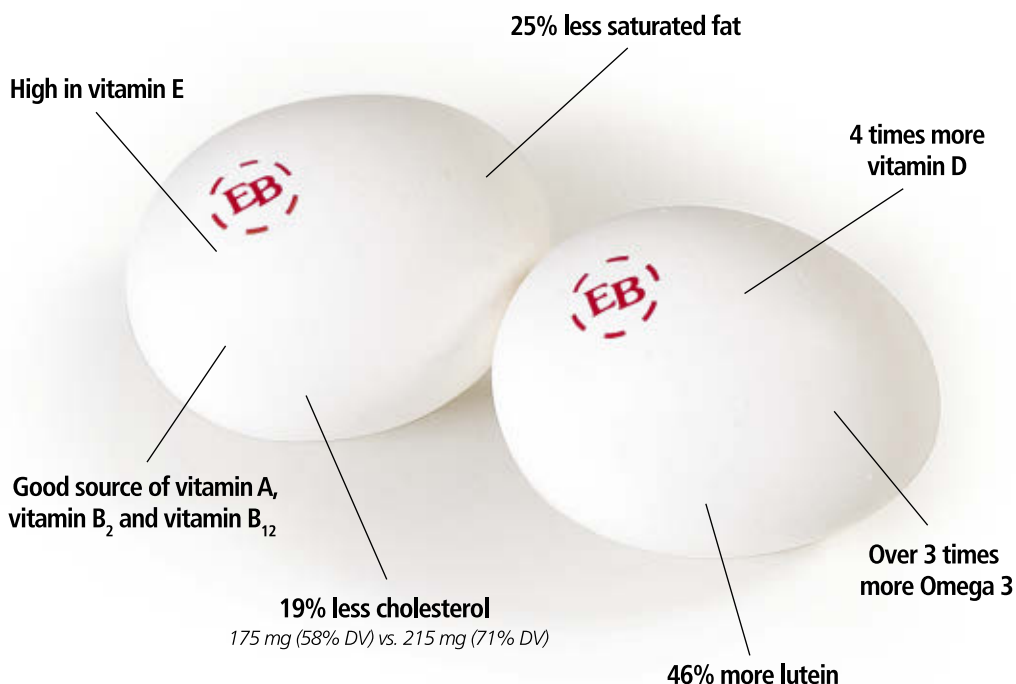
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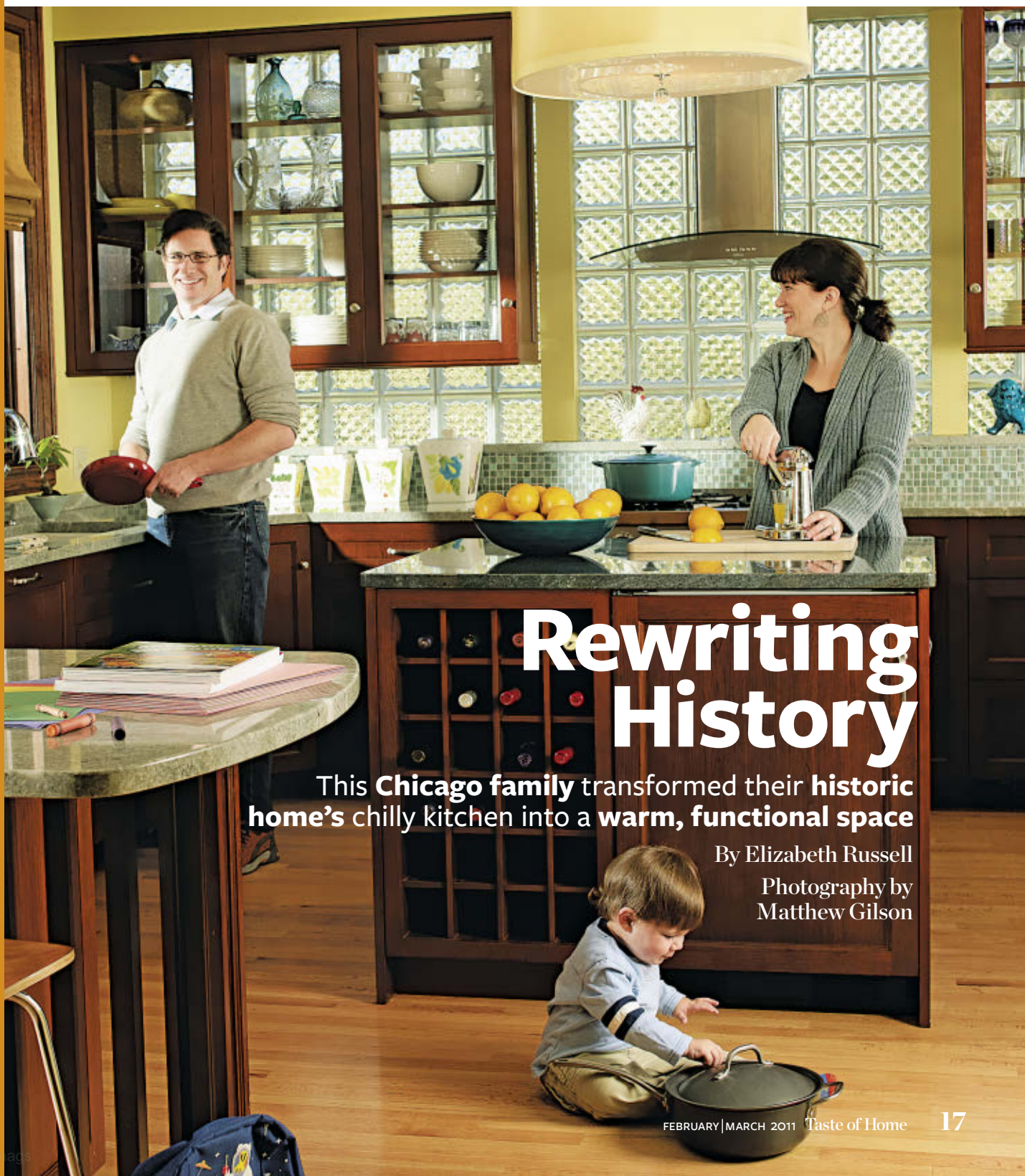
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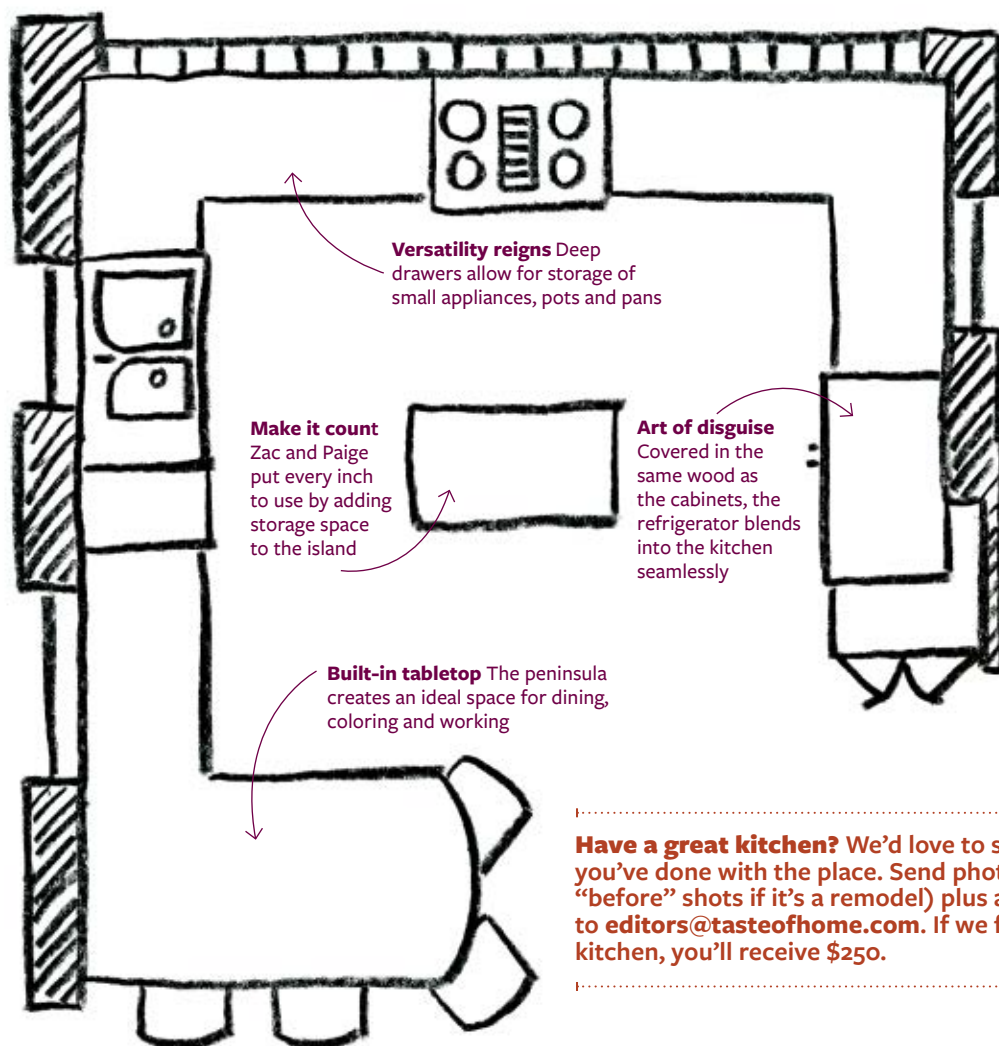


Rewriting History

This **Chicago family** transformed their **historic home's** chilly kitchen into a **warm, functional space**

By Elizabeth Russell

Photography by
Matthew Gilson



Zac Freeman and Paige Ponder's old kitchen was a catchall space, where they cooked, worked and played. Or at least tried to. "It was really awkward," says Paige. "Our house was built in 1898, and the previous owners remodeled the kitchen once or twice."

Despite those attempts to make the space more functional, the kitchen remained less than ideal. "We'd open a cabinet door and feel a whoosh of cold air. The room was always freezing because it was so poorly insulated," Paige says.

"Plus, the fridge opened into a hallway-type space, and there were two ovens under the peninsula, making it difficult to sit around," says husband Zac.

After living with the kitchen for more than a year, the couple decided to give it their own overhaul. First thing on their list? "Warmth!" they say with a laugh. "And more light and counter space, better flow, a place to sit around the peninsula, and room for our boys—

Max, 6; Sebastian, 4; and Calvin, 15 months—to play, eat and do their homework."

Because Zac and Paige wanted to work with their home's old bones, they turned to a local design firm to put together a kitchen that not only complemented their historic home, but also met their modern-day needs.

"We saw ourselves as stewards of the house and wanted to honor its history with the remodel," Paige says.

After 8 months of work that involved expanding the room's square footage, Zac and Paige now have a kitchen that fits their family—and their house—perfectly.

"There's plenty of space for everyone. It's open, and there's so much natural light," says Paige. "I have a view into the back and front yards. When we cook, anything we need is just a few steps away. And the kitchen finally matches the feel of the rest of the house."

A feel that is—at last—just like home. ■



MORE ONLINE:

For more photos and Zac's favorite meat loaf recipe, visit tasteofhome.com/zac

A Family-Friendly Kitchen

There's something for everyone here, making it an ideal space for cooks and kids alike



Light up The Chicago couple worked with design firm Greene & Proppe, which used a glass-block wall to add light and create an open feel without eliminating storage space as regular windows would.



Practical placement “Calvin, our youngest, likes to pull everything out of the cabinets,” says Paige. “So I keep all of my plastic storage containers in a drawer within reach for him to play with.”



Let it all hang out “Since I can’t hang anything on our wood-paneled fridge, we use a fabric-covered bulletin board to pin up the kids’ artwork and other important papers,” Paige says.



Special touches “We chose a BlueStar oven because of the many color options,” says Zac of their blue stove. “It’s flanked by pullout drawers sized to fit spices and cooking oils.”

Fire & Ice

In these **reinvented classics**, peppers turn up the heat, while a fruity red punch plays it cool

Ensenada Shrimp Cocktail

Tomatoes, peppers, onions and cilantro replace traditional cocktail sauce in this lively Southwestern makeover of the popular appetizer. —**TERI RASEY**
CADILLAC, MICHIGAN **FE**

PREP: 15 MIN + CHILLING
YIELD: 8 SERVINGS

- 1 lb. peeled and deveined cooked medium shrimp
- 2 plum tomatoes, seeded and chopped
- 3 jalapeno peppers, seeded and chopped
- 1 serrano pepper, seeded and chopped
- ¼ cup chopped red onion
- 2 green onions, chopped
- 2 Tbsp. minced fresh cilantro
- 2 Tbsp. olive oil
- 1 Tbsp. rice vinegar
- 1 Tbsp. key lime juice or lime juice
- 1 tsp. adobo seasoning
- Lime wedges

1. In a large bowl, combine the shrimp, tomatoes, peppers, onions and cilantro. Combine the oil, vinegar, lime juice and seasoning; drizzle over shrimp mixture and toss to coat.

2. Refrigerate for at least 1 hour. Using a slotted spoon, place shrimp mixture in cocktail glasses, about ½ cup in each. Garnish with lime wedges.

Editor's Note: When cutting hot peppers, disposable gloves are recommended. Avoid touching your face.

MORE ONLINE:
For more mouthwatering snack ideas, visit tasteofhome.com/appetizers



Sun-Dried Tomato Cheese Balls

Your party will heat up once these bacon-coated mini cheese balls are on the table. Nicely spiced with red pepper flakes, they're just the right size for nibbling. —**PAMELA STEPP**

DANDRIDGE, TENNESSEE

PREP: 30 MIN. + CHILLING

YIELD: ABOUT 2½ DOZEN

- 12 oz. cream cheese, softened
- 2 cups (8 oz.) shredded sharp cheddar cheese
- ¼ cup finely chopped oil-packed sun-dried tomatoes
- 1 Tbsp. finely chopped onion
- 2 tsp. Worcestershire sauce
- 1 tsp. lemon juice
- ½ tsp. crushed red pepper flakes
- ⅛ tsp. pepper
- 1 lb. bacon strips, cooked and crumbled
- Assorted crackers

1. In a large bowl, beat the first eight ingredients until blended. Shape into 1¼-in. balls.
2. Place bacon into a small shallow dish; roll cheese balls in bacon. Refrigerate for at least 1 hour. Serve with crackers.



Sun-Dried Tomato Cheese Balls



Smokin' Hot Deviled Eggs



Smokin' Hot Deviled Eggs

"Nearly everybody loves deviled eggs, and this variation has a nice kick. You can't go wrong bringing these to a party or potluck." —**JAN ROBERTS**

SAN PEDRO, CALIFORNIA

PREP/TOTAL TIME: 20 MIN.

YIELD: 2 DOZEN

- 12 hard-cooked eggs
- ½ cup mayonnaise
- 3 chipotle peppers in adobo sauce, finely chopped
- 1 Tbsp. capers, drained
- 1 Tbsp. stone-ground mustard
- ¼ tsp. salt
- ¼ tsp. white pepper
- Minced fresh cilantro

1. Cut eggs in half lengthwise. Remove yolks; set whites aside. In a small bowl, mash yolks. Add the mayonnaise, chipotle peppers, capers, mustard, salt and white pepper; mix well. Stuff or pipe into egg whites. Refrigerate until serving. Sprinkle with cilantro.

Strawberry Party Punch

After a spicy snack, cool your palate with this festive and fruity punch. Let guests help themselves at the punch bowl, or serve it by the glass with pretty fruit garnishes. —**DEIRDRE DEE COX**

MILWAUKEE, WISCONSIN

PREP/TOTAL TIME: 15 MIN.

YIELD: 13 SERVINGS (¾ CUP EACH)

- 6 cups fresh or frozen unsweetened strawberries, thawed
- ¾ cup thawed limeade concentrate
- 1 can (6 oz.) unsweetened pineapple juice
- 4 cups chilled lemon-lime soda
- Ice cubes, optional

1. Place strawberries in a food processor; cover and process until smooth. Stir in limeade concentrate and pineapple juice. Chill until serving.
2. Transfer to a punch bowl. Just before serving, stir in soda. Serve over ice if desired. ■

Take a Dip

Dive into **sweet** and **savory** fondues that make entertaining **fun** and **easy**

Dunk, swirl, eat, repeat. Directions for guests at a fondue party are just that simple but oh, so tasty. The next time you're hosting a get-together, put fondue on the menu. Try one or more of these dinner and dessert options. Or consider an oil-based fondue for meat served with full-flavored dipping sauces. No matter what you choose, you'll be happy you—and your guests—took the plunge!



Beer & Cheddar Fondue

"This great-tasting fondue is my mom's favorite, so I make it for her birthday every year. I like to serve it with apple slices, rye bread cubes and chunks of carrots, mushrooms, celery, zucchini, squash and broccoli!" —**AMANDA WENTZ**
VIRGINIA BEACH, VIRGINIA

PREP/TOTAL TIME: 15 MIN.

YIELD: 2 CUPS

- 4 cups (16 oz.) shredded cheddar cheese
- 1 Tbsp. all-purpose flour
- 1 cup beer or nonalcoholic beer
- 3 garlic cloves, minced
- 1½ tsp. ground mustard
- ¼ tsp. coarsely ground pepper
- Pretzel dipping sticks and sliced smoked sausage

1. In a large bowl, combine cheese and flour. In a small saucepan, heat the beer, garlic, mustard and pepper

over medium heat until bubbles form around sides of pan.

2. Reduce heat to medium-low; add a handful of cheese mixture. Stir constantly, using a figure-eight motion, until almost completely melted. Continue adding cheese, one handful at a time, allowing cheese to almost completely melt between additions. Keep warm. Serve with pretzels and sausage.



Almond Custard Fondue

"I've been serving this smooth, rich dessert fondue for nearly 40 years. It's a wonderful way to bring friends and family together at the end of a fine meal. Grapes, pineapple chunks and pound cake cubes also make delightful dippers."

—PATRICIA SWART

GALLOWAY, NEW JERSEY

PREP/TOTAL TIME: 25 MIN.

YIELD: 2 CUPS

- ½ cup sugar
- 2 Tbsp. cornstarch
- ¼ tsp. salt
- 2 cups half-and-half cream
- 2 egg yolks, beaten
- 1 Tbsp. butter
- 1¼ tsp. almond extract
- Cubed brownies, cake, miniature waffles and/or cream-filled chocolate sandwich cookies

1. In a large heavy saucepan, combine sugar, cornstarch and salt. Stir in cream until smooth. Cook and stir over medium-high heat until thickened and bubbly. Reduce heat; cook and stir 2 minutes longer.
2. Remove from the heat. Stir a small amount of hot mixture into egg yolks; return all to the pan, stirring constantly. Bring to a gentle boil; cook and stir 2 minutes longer. Remove from the heat; stir in the butter and extract. Keep warm. Serve with brownies, cake, waffles and/or cookies.



Cheese Lover's Fondue

French bread cubes and apples are the perfect dippers for this classic fondue, made with white wine and Swiss and Gruyere cheeses. It's a crowd-pleaser.

—LINDA VOGEL ELGIN, ILLINOIS **FE**

PREP: 15 MIN. • **COOK:** 20 MIN.

YIELD: 2 CUPS

- 4 tsp. cornstarch, divided
- 1 Tbsp. plus 1 cup dry white wine, divided
- 1½ cups (6 oz.) shredded Gruyere cheese
- 1½ cups (6 oz.) shredded Swiss cheese
- 1 garlic clove, peeled and halved
- 1½ tsp. lemon juice
- ½ tsp. garlic powder
- ½ tsp. dried oregano
- ½ tsp. Worcestershire sauce
- 3 drops hot pepper sauce
- Cubed French bread and/or sliced apples

1. In a small bowl, combine 2 tsp. cornstarch with 1 Tbsp. wine; set aside. Combine cheeses and remaining cornstarch; set aside.
2. Rub sides of a large saucepan with cut sides of garlic; discard garlic. Add remaining wine to the pan and heat over medium heat until bubbles form around sides of pan. Stir in lemon juice.
3. Reduce heat to medium-low; add a handful of cheese mixture. Stir constantly, using a figure-eight motion, until almost completely melted. Continue adding cheese, one handful at a time, allowing cheese to almost completely melt between additions. Stir in the garlic powder, oregano, Worcestershire sauce and pepper sauce. Stir cornstarch mixture; gradually add to the pan. Cook and stir until thickened and smooth. Keep warm. Serve with bread and/or apples.



Heavenly Chocolate Marshmallow Fondue

Guests won't be able to resist this silky chocolate fondue made extra-special with butterscotch chips, marshmallow creme and coconut. "Bananas are my favorite fruit for dipping, but apple wedges, pineapple chunks and maraschino cherries work, too." —SARITA NAEGLI

EDMOND, OKLAHOMA

PREP/TOTAL TIME: 15 MIN.

YIELD: 13 SERVINGS (¾ EACH)

- 1 pkg. (11 oz.) butterscotch chips
- 4 oz. unsweetened chocolate, chopped
- 1 can (14 oz.) sweetened condensed milk
- 1 jar (7 oz.) marshmallow creme
- ¼ cup 2% milk
- ½ cup flaked coconut
- 1 tsp. vanilla extract
- Fresh strawberries and cubed angel food cake

1. In a large microwave-safe bowl, melt butterscotch chips and chocolate; stir until smooth. Stir in the condensed milk, marshmallow creme and milk. Microwave at 15-second intervals, stirring until smooth. Stir in coconut and vanilla. Keep warm. Serve with strawberries and cake.

➔ More recipes on page 24

TOH TEST KITCHEN TIP

Make cheese fondues on the stovetop shortly before serving. Light the fire under the fondue pot so it is warmed before adding the hot fondue to it. A cheese fondue should be held at a temperature warm enough to keep the fondue smooth and liquid, but not so hot that the mixture burns.

Golden Mustard Fondue



"Chicken fingers, sausage slices, pretzels and more take on a German Oktoberfest flavor when dunked in this sweet and

tangy fondue." —**DARLENE BRENDEN**
SALEM, OREGON **FE**

PREP/TOTAL TIME: 20 MIN.
YIELD: 1½ CUPS

- ½ cup sugar
- 4 tsp. all-purpose flour
- ¼ tsp. salt
- 1 cup half-and-half cream, divided
- ¼ cup Dijon mustard
- 1 egg yolk, beaten
- ½ cup cider vinegar
- Pretzels or cubed rye bread

1. In a small heavy saucepan, combine the sugar, flour and salt. Stir in ¾ cup cream and mustard until smooth. Cook and stir over medium-high heat until thickened and bubbly. Reduce heat; cook and stir 2 minutes longer.

2. Remove from the heat. Combine egg yolk and remaining cream. Stir a small amount of hot mixture into egg yolk mixture; return all to pan, stirring constantly. Bring to a gentle boil; cook and stir 2 minutes longer. Remove from the heat. Gently stir in vinegar. Keep warm. Serve with pretzels or bread. ■

Fondue Party Pointers

- Figure on one fondue pot for up to six people.
- Don't let the fondue fork touch your mouth and then return it to the pot.
- Never leave the fondue pot unattended.

Sweet & Sassy Sauce

In a saucepan, heat ⅓ cup each **honey barbecue sauce** and **orange marmalade** with ¼ cup **orange juice**, 2 Tbsp. **soy sauce**, 1½ tsp. minced fresh **gingerroot** and ¼ tsp. **red pepper flakes**. Serve warm. *Makes 1 cup.*

—**NANCY MUELLER**
BLOOMINGTON, MINNESOTA

Curry Mayo Dipping Sauce

Combine 1 cup **mayonnaise** with 3 Tbsp. **milk**, 5 tsp. **curry powder** and ¼ tsp. **hot pepper sauce**. *Makes 1 cup.*

—**JOAN HALLFORD** NORTH
RICHLAND HILLS, TEXAS **FE**

Make It Meaty

Melted cheese and chocolate hit the spot at a fondue party. But don't forget the meat! Oil-based fondue gives you the chance to add beef, pork or chicken to your menu. Guests will enjoy cooking bite-sized chunks of meat in the pot of hot oil. Once the cooking is complete, they can help themselves to a variety of dipping sauces (at left).

Just follow these helpful hints for oil-based fondue:

- An electric fondue pot is recommended for cooking the meat because it's easier to control the temperature of the oil. Simply pour 2 to 3 cups of vegetable or canola oil into each fondue pot and heat to 375°. Pieces of meat about ¾-inch wide will cook in a minute or so.
- A good cut of meat is essential. It should be well trimmed and free of fat, which spatters in the oil. Allow ⅓ to ½ pound per person as a main course.
- For even cooking, cut all ingredients into bite-sized cubes. Freeze chicken and steak 1 hour for easier cutting.
- To prevent oil from spattering when dipping the meat, first pat the meat dry with paper towels.
- Do not season meats before cooking; seasonings can burn the oil and give the meat an undesirable flavor.
- Remove meat cubes from the refrigerator about 30 minutes before serving, so they are near room temperature. This prevents the meat from lowering the temperature of the hot oil as quickly.

Golden Mustard Fondue

Sweet & Sassy Sauce

Curry Mayo Dipping Sauce



MORE ONLINE:

For more fondue ideas, visit tasteofhome.com/fondue

try new toothpaste, make kids' lunches, clip coupons from newspaper, invest in home haircutting kit for kids, try to make 6 a.m. spinning class, drop kids off at school, wait until nobody's **watching** and sneak a candy bar, take Molly to ballet lesson, grab a latte, stop avoiding the gym, interview job applicants, put air in exercise ball, make costume for the school play, take recycling to curb, get a full serving of vegetables, do laundry, keep a food journal, clean house before the in-laws visit, clean gutters, make it to yoga class on Tuesday, carpool to soccer practice Saturday, pull weeds in the yard, make time to play catch with Jake, pick up some flowers, window-shop, finish the presentation, practice deep breathing exercise before opening 401(k) statement, drink eight glasses of water, do glute squeezes at my desk, change furnace filter, explain to Molly what "you are **what you eat**" means, have some family time, stay awake worrying about how to pay for college, meet with financial advisor after Tom goes golfing, find Molly's retainer, practice public speaking, return that ugly shirt, ride my bike to local shops, clean off desk, drive past the drive-thru, buy dog food, buy insulation kits for doors, schedule sales meeting, replace the paper towel roll, finalize sales projections, revise to-do list, read bedtime stories, remember nothing **is as** bad as it could be, ship package, organize pantry, think fast when making awkward small talk with the neighbor, switch my purse, get bids for the roof, sign Molly's field trip permission slip, charge cell phone, run more than one block without stopping, take the stairs for once, feed the fish, work as **hard as** I can, take out home equity loan to pay for gas at pump, drive slower and avoid quick starts, check air pressure in tires to improve fuel economy, park farther away from the door, check the weather, shred mail, meet with book club, get the carpet cleaned, set alarm for 5:30, pay bills online, give my kids a hug, think about exercising more, sign insurance form, use cash instead of credit cards, RSVP for party, sharpen the knives, take penny jar to the bank, pay water bill, rake the leaves, check the mailbox, wonder who does laundry when I'm out of town, find the hamster before the cat does, iron my favorite long black skirt, remind Tom that we're **watching what** we spend, don't go to the grocery store hungry, plan block party, cancel newspaper, change phone plan to less minutes, help Tom find car keys, miss 6 a.m. spinning class and shoot for 5 p.m. one, find the good plates, eat out less, wash windows, set the digital recorder, attend many meetings, put toilet paper roll on the right way, go over the weekly budget with Tom, switch out light bulbs to energy-saving bulbs, trade candy bar for an apple, enjoy the kids, take back library books, e-mail cookie recipe, check car seat, think about why **you spend** more than you make, play a board game with the kids after dinner, show Jake how to set the table, water the ficus tree, teach Molly the food pyramid, pop in workout video, motivate myself to do it, play catch-up, sweep kitchen floor, tell kids to use coasters, say no to sugar, iron my no-iron khakis, make brown bag lunches, change a diaper, change another diaper, get toddler dressed, do sit-ups during commercials, read nutrition labels, mop the floors, groom the dog, play with the kids, look for pair of socks, laugh at a joke, figure out what organic means, finish Sunday's crossword puzzle, look for my weights, recaulk bathtub, cut soda out of diet, go on a long walk, hope that the baby goes to bed easily, get up before the alarm goes off, go to farmers' market on my way home, dig for change in seats of car, downgrade to basic cable, avoid late fees on bill, eat some cake, **www.minuterice.com** plan weekly meals, trade in SUV for a hybrid compact, dye hair, multitask, enjoy some good family time, ©2010 Riviana Foods Inc.



chat for a bit at the water cooler, empty the dishwasher, find the cat, find a really good healthy recipe, wash the car, pay more bills online, step on the scale, take vitamins, call my banker, feed a stray cat,

We can help.® water the plants, return movies, coil the garden hose, shop online for elliptical machine,

Making *Whoopie*... (Pies, That Is!)

A **big batch** of these **darling desserts** will put you in the **mood for sharing**



Red Velvet
Whoopie Pies

Go Bananas
Whoopie Pies

Lemony
Gingerbread
Whoopie Pies
(page 29)

Chocolate Dream
Whoopie Pies
(page 29)

Seems there's some historical dispute as to whether whoopie pies—an unusual name for unusually delicious treats—were invented in Maine or among the Amish of Pennsylvania. What's not in dispute is how quickly these handheld crowd-pleasers were embraced by the rest of the country. They're usually made by sandwiching sweet filling between two soft cookies—and the pie's the limit when deciding cookie and filling flavors. So whoop it up by making a batch for your next potluck dinner, girlfriends' gathering or Valentine's Day party. You'll have as much fun making them as eating them.

Red Velvet Whoopie Pies

With a drizzle of chocolate and a sprinkle of nuts, this eye-catching variation is a delightful twist on the classic cake.

"Sometimes I substitute canned cream cheese frosting for the filling." —JUDI

DEXHEIMER STURGEON BAY, WISCONSIN

PREP: 40 MIN. • **BAKE:** 10 MIN./BATCH
+ **COOLING** • **YIELD:** 2 DOZEN

- 2 oz. semisweet chocolate, chopped
- $\frac{3}{4}$ cup butter, softened
- 1 cup sugar
- 2 eggs
- $\frac{1}{2}$ cup sour cream
- 1 Tbsp. red food coloring
- $1\frac{1}{2}$ tsp. white vinegar
- 1 tsp. clear vanilla extract
- $2\frac{1}{4}$ cups all-purpose flour
- $\frac{1}{4}$ cup baking cocoa
- 2 tsp. baking powder
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{4}$ tsp. baking soda

FILLING:

- 1 pkg. (8 oz.) cream cheese, softened
- $\frac{1}{2}$ cup butter, softened
- $2\frac{1}{2}$ cups confectioners' sugar
- 2 tsp. clear vanilla extract

TOPPINGS:

- White baking chips and additional chopped semisweet chocolate, melted
- Finely chopped pecans

1. In a microwave, melt chocolate; stir until smooth. Set aside.
2. In a large bowl, cream butter and sugar until light and fluffy. Beat in the eggs, sour cream, food coloring, vinegar and vanilla. Combine the flour, cocoa, baking powder, salt and baking soda; gradually add to creamed mixture and mix well. Stir in melted chocolate.
3. Drop by tablespoonfuls 2 in. apart onto parchment paper-lined baking sheets. Bake at 375° for 8-10 minutes or until edges are set. Cool for 2 minutes before removing from pans to wire racks to cool completely.
4. For filling, in a large bowl, beat cream cheese and butter until fluffy. Beat in confectioners' sugar and vanilla until smooth. Spread filling on the bottoms of half of the cookies, about 1 Tbsp. on each. Top with remaining cookies. Drizzle with melted baking chips and chocolate; sprinkle with nuts. Store in the refrigerator.

Go Bananas Whoopie Pies

"I love anything with peanut butter, so when I saw this recipe for soft banana cookies with a yummy peanut butter filling, I had to make them. Using a cookie scoop keeps them nicely rounded and all the same size." —JESSIE SARRAZIN

LIVINGSTON, MONTANA

PREP: 40 MIN. • **BAKE:** 15 MIN./BATCH
+ **COOLING** • **YIELD:** 2 DOZEN

- $\frac{1}{2}$ cup butter, softened
- $\frac{3}{4}$ cup sugar
- $\frac{1}{4}$ cup packed brown sugar
- 1 egg
- 1 tsp. vanilla extract
- $\frac{1}{2}$ cup mashed ripe banana
- $\frac{1}{2}$ cup buttermilk
- 2 cups all-purpose flour
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{2}$ tsp. baking powder
- $\frac{1}{2}$ tsp. baking soda

FILLING:

- 1 pkg. (8 oz.) cream cheese, softened
- 1 cup creamy peanut butter
- 3 Tbsp. butter, softened
- 1 cup confectioners' sugar
- 1 tsp. vanilla extract
- Additional confectioners' sugar

1. In a large bowl, cream butter and sugars until light and fluffy. Beat in egg and vanilla. In a small bowl, combine banana and buttermilk. Combine the flour, salt, baking powder and baking soda; gradually add to creamed mixture alternately with banana mixture.
2. Drop by tablespoonfuls 2 in. apart onto parchment paper-lined baking sheets. Bake at 350° for 12-15 minutes or until set. Cool for 2 minutes before removing from pans to wire racks to cool completely.
3. For filling, in a large bowl, beat cream cheese, peanut butter and butter until fluffy. Beat in confectioners' sugar and vanilla until smooth. Spread filling on the bottoms of half of cookies, about 1 Tbsp. on each; top with remaining cookies. Dust with additional confectioners' sugar. Store in the refrigerator.

➔ More recipes on page 29

Did you know?

Wondering how whoopie pies got their name? One story has it that Amish women prepared the tasty cookie sandwiches and tucked them into farmers' lunch boxes. When the farmers discovered the sweet sensations after a long morning of hard work, they shouted, "Whoopie!"



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*Kris-Etherton, et al.; *Am J Clin Nutr* 2000;71(suppl):179S-88S.



Lemony Gingerbread Whoopie Pies



These spiced-just-right whoopie pies combine two popular flavors in one fun treat. The moist cookies are rolled in sugar before baking for a bit of crunch.

—JAMIE JONES MADISON, GEORGIA

PREP: 25 MIN. + CHILLING • **BAKE:** 10 MIN./BATCH + COOLING • **YIELD:** ABOUT 2 DOZEN

- ¾ cup butter, softened
- ¾ cup packed brown sugar
- ½ cup molasses
- 1 egg
- 3 cups all-purpose flour
- 2 tsp. ground ginger
- 1 tsp. ground cinnamon
- 1 tsp. baking soda
- ¼ tsp. salt
- ½ cup sugar

FILLING:

- ¾ cup butter, softened
- ¾ cup marshmallow creme
- 1½ cups confectioners' sugar
- ¾ tsp. lemon extract

1. In a large bowl, cream butter and brown sugar until light and fluffy. Beat in molasses and egg. Combine the flour, ginger, cinnamon, baking soda and salt; gradually add to creamed mixture and mix well. Cover and refrigerate for at least 3 hours.
2. Shape into 1-in. balls; roll in sugar. Place 3 in. apart on ungreased baking sheets. Flatten to ½-in. thickness with a glass dipped in sugar. Bake at 350° for 8-10 minutes or until set. Cool for 2 minutes before removing from pans to wire racks to cool completely.
3. For filling, in a small bowl, beat butter and marshmallow creme until light and fluffy. Gradually beat in confectioners' sugar and extract.
4. Spread filling on the bottoms of half of the cookies, about 1 Tbsp. on each; top with remaining cookies.

Chocolate Dream Whoopie Pies

Chocolate lovers will find these cute triple-chocolate goodies irresistible. Two luscious cookies, a yummy mousse-like filling and mini semisweet chips: *mmmmmm*. —JILL PAPKE OCONOMOWOC, WISCONSIN

PREP: 40 MIN. • **BAKE:** 15 MIN./BATCH + COOLING • **YIELD:** ABOUT 1 DOZEN

- 1 pkg. (18¼ oz.) chocolate cake mix
- 3 eggs
- ½ cup canola oil
- 1 tsp. vanilla extract

FILLING:

- ½ cup sugar
- 2 Tbsp. all-purpose flour
- ⅛ tsp. salt
- 1 cup 2% milk
- ½ cup milk chocolate chips
- ½ cup shortening
- ½ cup butter, softened
- ¾ tsp. vanilla extract

GARNISH:

- 1 cup miniature semisweet chocolate chips

1. In a large bowl, combine the cake mix, eggs, oil and vanilla; beat on low speed for 30 seconds. Beat on medium for 2 minutes.
2. Drop by 2 tablespoonfuls 2 in. apart onto greased baking sheets. Bake at 350° for 15-18 minutes or until edges are set. Cool for 2 minutes before removing to wire racks to cool completely.
3. For filling, in a small saucepan, combine the sugar, flour and salt. Gradually add milk. Bring to a boil; cook and stir for 1-2 minutes or until thickened. Stir in chocolate chips until melted. Cool completely.
4. In a large bowl, beat the shortening and butter until fluffy. Beat in chocolate mixture and vanilla.
5. Spread chocolate filling on the bottoms of half of the cookies, about 2 Tbsp. on each; top with remaining cookies. Roll sides in miniature chocolate chips for garnish. Store in the refrigerator. ■

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Take Back the Tradition

Draw those **you love** close for this **time-honored meal** served with a heaping **helping of togetherness**

Family traditions are important to Doug Archer, and he wanted them to mean something to his sons, too. As he looked back on his own childhood, Doug recalled the delicious Sunday dinners at his grandmother's house. For his sons, though, that was a rare occasion, since Doug's parents lived 300 miles away.

So several years ago, he started making Sunday dinner for his own family at their home in Port Elgin, Ontario. "As weekday meals became more and more rushed in our household, with my wife and me shuttling our three boys to soccer fields and hockey arenas," Doug says, "the need to set aside at least one night a week, where we came together for a traditional family dinner, became so important.

"Now Sunday afternoons are spent in the kitchen, peeling, slicing, spicing and roasting. It's a chance to put my busy job out of my mind and let the creative juices flow. And when everything's ready, dinner is served in the dining room with the good china and a white tablecloth. I think my grandma would approve."

Here's your chance to reclaim this much-loved tradition with this menu of updated family classics. And what makes the meal so satisfying is not only the wonderful flavors, but the family members you share them with.

Italian Spiral Meat Loaf

Take a classic comfort food to delicious new heights with this impressive recipe. Sausage, pizza sauce and mozzarella give this entree its Italian accent.

—MEGAN KRUMM SCHERERVILLE, INDIANA

PREP: 40 MIN. • **BAKE:** 1¼ HOURS

YIELD: 15 SERVINGS

- 2 eggs, beaten
- 1 cup pizza sauce, divided
- 1 cup seasoned bread crumbs
- 1 medium onion, chopped
- 1 medium green pepper, chopped
- 1 tsp. dried oregano
- 1 garlic clove, minced
- ½ tsp. salt
- ¼ tsp. pepper
- 2 lbs. lean ground beef (90% lean)
- 1 lb. bulk Italian sausage
- ½ lb. sliced deli ham
- 2 cups (8 oz.) shredded part-skim mozzarella cheese, divided
- 1 jar (6 oz.) sliced mushrooms, drained

1. In a large bowl, combine the eggs, ¾ cup pizza sauce, bread crumbs, onion, green pepper, oregano, garlic, salt and pepper. Crumble beef and sausage over mixture and mix well.
2. On a piece of parchment paper, pat beef mixture into a 12-in. x 10-in. rectangle. Layer the ham, 1½ cups cheese and mushrooms over beef mixture to within 1 in. of edges. Roll up jelly-roll style, starting with a short side and peeling parchment paper away as you roll. Seal seam and ends. Place seam side down in a greased 13-in. x 9-in. baking dish; brush with remaining pizza sauce.
3. Bake, uncovered, at 375° for 1 hour. Sprinkle with cheese. Bake 15-20 minutes longer or until no pink remains and a meat thermometer reads 160°. Using two large spatulas, carefully transfer meat loaf to a serving platter.

Delicious! This heartwarming Sunday dinner menu includes Italian Spiral Meat Loaf, Herbed Veggie Mix-Up and Make-Ahead Mashed Potatoes.



Make-Ahead Mashed Potatoes



Creamy mashed potatoes get even better when topped with a savory trio of cheese, onions and bacon. Plus, these potatoes offer make-ahead appeal.

—**AMANDA SAUER**
UNIVERSITY CITY, MISSOURI

PREP: 25 MIN. • **BAKE:** 40 MIN.
YIELD: 10 SERVINGS

- 3 lbs. potatoes (about 9 medium), peeled and cubed**
- 1 pkg. (8 oz.) cream cheese, softened**
- ½ cup sour cream**
- ½ cup butter, cubed**
- ¼ cup 2% milk**
- 1½ tsp. onion powder**
- 1 tsp. salt**
- 1 tsp. garlic powder**
- ½ tsp. pepper**
- 6 bacon strips, chopped**
- 1 cup (4 oz.) shredded cheddar cheese**
- 3 green onions, chopped**

1. Place potatoes in a Dutch oven and cover with water. Bring to a boil. Reduce heat; cover and cook for 10-15 minutes or until tender. Drain; mash potatoes with cream cheese, sour cream and butter. Stir in milk and seasonings.

2. In a small skillet, cook bacon over medium heat until crisp. Remove bacon to paper towels with a slotted spoon; drain.

3. Transfer potato mixture to a greased 13-in. x 9-in. baking dish; sprinkle with cheese, onions and bacon. Cover and refrigerate until ready to use.

4. Remove from the refrigerator 30 minutes before baking. Bake, uncovered, at 350° for 40-50 minutes or until heated through.



Herbed Veggie Mix-Up

A simple treatment of mixed herbs and seasonings brings out the best in this colorful medley of vegetables.

—**MARIE FORTE** RARITAN, NEW JERSEY **FE**

PREP/TOTAL TIME: 25 MIN.
YIELD: 15 SERVINGS

- ½ lb. fresh green beans, cut into 1-in. pieces**
- 2 medium carrots, julienned**
- ¼ cup butter, cubed**
- ½ lb. sliced fresh mushrooms**
- 1 medium onion, sliced**
- 2 Tbsp. minced fresh parsley**
- ½ tsp. salt**
- ½ tsp. dried oregano**
- ½ tsp. dried basil**
- ⅛ tsp. white pepper**

Potato Perfection Try using red-skinned potatoes in this comforting casserole. Leave the skins on for added fiber, color and texture.

1. Place beans and carrots in a steamer basket; place in a large saucepan over 1 in. of water. Bring to a boil; cover and steam for 7-10 minutes or until crisp-tender.

2. Meanwhile, in a large skillet, melt butter. Add mushrooms and onion; saute until tender. Stir in the parsley, salt, oregano, basil, pepper, green beans and carrots; heat through.

➔ More recipes on page 33



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Spiced Pear Upside-Down Cake



The flavors of fresh, sweet pears and gingerbread blend beautifully in this intriguing variation on pineapple upside-down cake. Leftovers—

if there are any—taste great with coffee

or tea the next day. —LISA VARNER

CHARLESTON, SOUTH CAROLINA **FE**

PREP: 25 MIN. • **BAKE:** 35 MIN. + COOLING

YIELD: 9 SERVINGS

- ½ cup butter, melted
- ½ cup coarsely chopped walnuts
- ¼ cup packed brown sugar
- 2 large pears, peeled and sliced
- ½ cup butter, softened
- ⅓ cup sugar
- 1 egg
- ⅓ cup molasses
- 1½ cups all-purpose flour
- ¾ tsp. ground ginger
- ¾ tsp. ground cinnamon
- ½ tsp. salt
- ½ tsp. baking powder
- ¼ tsp. baking soda
- ½ cup warm water
- Ice cream, optional

1. Pour melted butter into a 9-in. square baking pan; sprinkle with nuts and brown sugar. Arrange pears over nuts.

2. In a large bowl, cream softened butter and sugar until light and fluffy. Beat in egg and molasses. Combine the flour, ginger,



cinnamon, salt, baking powder and baking soda; add to creamed mixture alternately with water, beating well after each addition.

3. Spread batter over pears. Bake at 350° for 35-40 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before inverting onto a serving plate. Serve warm with ice cream if desired. ■

Pear-adise on a Plate “I came across a recipe for this cake but didn’t have all the ingredients, so I made some substitutions and changes in spices. Instead of ice cream, I sometimes top it with sweetened whipped cream,” says Lisa.



MORE ONLINE

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FEBRUARY|MARCH 2011 Taste of Home

33

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Molded Margaritas



Cool Coffee Gels



**Lemonade
Cheesecake
Parfaits**

Hello, JELL-O

These contemporary **taste twists** will have you taking a **fresh look** at an **old favorite**

Gelatin isn't only about filling with crushed fruit for a holiday buffet or forming into colorful, jiggly cubes for kids.

With a nod to some of today's most popular beverages, this collection of fun, updated recipes offers astonishing new combinations. From cool coffee and chai tea to refreshing margaritas and pink lemonade, these desserts will have you lifting your glass in a toast to the enduring appeal of Jell-O.

Cool Coffee Gels

"If you love coffee, you'll love this. It's a simple dessert to prepare and makes a great impression." —**LILLIAN JULOW**

GAINESVILLE, FLORIDA **FE**

PREP/TOTAL TIME: 20 MIN.
YIELD: 4 SERVINGS

- 1 envelope unflavored gelatin
- $\frac{1}{4}$ cup cold water
- $1\frac{1}{2}$ cups hot brewed coffee
- $\frac{1}{4}$ cup plus 2 Tbsp. sugar, divided
- $\frac{1}{2}$ cup heavy whipping cream
- Instant espresso powder
- and chocolate-covered coffee beans, optional

1. In a small saucepan, sprinkle gelatin over cold water; let stand for 1 minute. Stir in coffee and $\frac{1}{4}$ cup sugar. Heat over low heat, stirring until gelatin is completely dissolved.
2. Pour into four Irish coffee mugs or 4-oz. custard cups. Cover and refrigerate until set.
3. In a large bowl, beat cream until it begins to thicken. Add remaining sugar; beat until stiff peaks form. Serve with gelatin. Garnish with espresso powder and coffee beans if desired.

Lemonade Cheesecake Parfaits



"My friends like the tartness of the pink lemonade layer against the sweetness of the cheesecake layer. For

a pretty look, I top the parfaits with crushed pomegranate seeds and lemon zest." —**TEENA PETRUS**

JOHNSTOWN, PENNSYLVANIA **FE**

PREP: 40 MIN. + CHILLING
YIELD: 6 PARFAITS

- 2 whole graham crackers, crushed
- 1 cup half-and-half cream
- $1\frac{3}{4}$ cups sugar, divided
- 2 Tbsp. lemon juice, divided
- 2 envelopes unflavored gelatin
- 1 pkg. (8 oz.) cream cheese, softened
- 3 tsp. grated lemon peel, divided
- 1 tsp. vanilla extract
- $1\frac{1}{4}$ cups cold water
- 1 Tbsp. grenadine syrup
- Dash salt

1. Divide graham crackers among six dessert dishes. In a small saucepan, combine the cream, 1 cup sugar and 1 Tbsp. lemon juice. Sprinkle 1 envelope of gelatin over cream mixture; let stand for 1 minute or until softened. Heat over low heat, stirring until gelatin and sugar are completely dissolved.
2. In a large bowl, beat cream cheese until smooth. Beat in gelatin mixture. Stir in 1 tsp. lemon peel and vanilla. Pour into glasses over graham crackers, about $\frac{1}{2}$ cup in each. Cover and refrigerate until firm.
3. In a small saucepan, combine the water, grenadine, salt and remaining sugar and lemon juice. Sprinkle remaining gelatin over water mixture; let stand for 1 minute.

Heat over low heat, stirring until gelatin and sugar are completely dissolved. Pour 2 Tbsp. mixture into each parfait glass. Cover and refrigerate until firm.

4. Refrigerate remaining grenadine mixture until syrupy, about 30 minutes. With a hand mixer, beat until frothy. Divide among glasses. Cover and refrigerate until firm. Garnish with remaining lemon peel.

Molded Margaritas

With refreshing lime flavor and a festive look, these cool margaritas are perfect for parties. To make a no-alcohol version, simply replace the tequila with an equal amount of water. —**BARBARA GERSITZ**

PHILADELPHIA

PREP: 15 MIN. • **YIELD:** 4 PARFAITS

- 2 pkg. (3 oz. each) lime gelatin
- 2 cups boiling water
- $\frac{1}{2}$ cup thawed non-alcoholic margarita mix or limeade concentrate
- $\frac{1}{2}$ cup tequila

1. In a small bowl, dissolve gelatin in boiling water. Stir in margarita mix and tequila. Pour into four margarita glasses. Refrigerate for 4 hours or until set. Gently stir with a fork before serving if desired.

Goof-Proof Gelatin

- When layering gelatin, refrigerate each layer until the gelatin is set, but not firm, before adding the next layer.
- An easy way to add the next flavor of gelatin without disturbing the previous layer is to gently spoon, rather than pour, each layer onto the previous layer of gelatin.

➔ More recipes on page 36

Tropical Rainbow Dessert

Classic ribbon gelatin salad gets an up-to-date makeover with this tropical treatment. Cream of coconut creates the creamy layers in these showstopping parfaits. “I like to surprise my nieces and nephews with this Jell-O mold done in neon colors.” —**DAN KELMENSEN**

WEST BLOOMFIELD, MICHIGAN

PREP: 30 MIN. + CHILLING

YIELD: 12 SERVINGS

- 2 pkg. (3 oz. each) strawberry gelatin, divided
 - 5 cups boiling water, divided
 - 5 cups cold water, divided
 - 1 can (15 oz.) cream of coconut, divided
 - 2 pkg. (3 oz. each) orange gelatin, divided
 - 2 pkg. (3 oz. each) pineapple gelatin, divided
 - 2 pkg. (3 oz. each) lime gelatin, divided
1. In a small bowl, dissolve one package of strawberry gelatin in

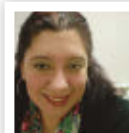
$\frac{3}{4}$ cup boiling water. Stir in $\frac{3}{4}$ cup cold water. Divide among 12 dessert dishes and refrigerate until set, or pour into a 3-qt. gelatin mold coated with cooking spray and refrigerate until set but not firm, 20-25 minutes.

2. In a small bowl, dissolve the remaining package of strawberry gelatin in $\frac{1}{2}$ cup boiling water. Add $\frac{1}{2}$ cup cold water and scant $\frac{1}{2}$ cup cream of coconut; stir. Spoon over the first layer. Chill until set but not firm, 20-25 minutes.

3. Repeat six times with remaining gelatin flavors, alternating plain gelatin layers with creamy gelatin layers. Chill each layer until set but not firm before spooning next layer on top. Refrigerate for 4 hours or overnight. Unmold onto a serving platter.

Editor's Note: *This recipe takes time to prepare since each layer must be set before the next layer is added.*

Spiced Tea Delight



“I came up with this dessert to complement an Asian-themed dinner I was preparing. It has a delicate chai flavor

and lovely color.” —**MARIA BARNET**
WILMINGTON, DELAWARE

PREP: 25 MIN. + CHILLING

YIELD: 6 SERVINGS

- 3 cups water
- 4 ginger-flavored herbal tea bags
- 4 green tea bags
- 3 envelopes unflavored gelatin
- $\frac{3}{4}$ cup cold water
- 1 cup heavy whipping cream
- $\frac{1}{2}$ cup honey
- 2 Tbsp. brown sugar
- $\frac{1}{2}$ tsp. ground cinnamon
- $\frac{1}{4}$ tsp. ground cloves
- Additional ground cinnamon, optional

1. Bring water to a boil in a large saucepan; add tea bags. Cover and steep for 3-5 minutes.

2. Meanwhile, in a small saucepan, sprinkle gelatin over cold water; let stand for 1 minute. Heat over low heat, stirring until gelatin is completely dissolved. Stir into tea mixture. Discard tea bags.

3. Stir in the cream, honey, brown sugar, cinnamon and cloves. Pour into a 5-cup mold coated with cooking spray or divide among six dessert dishes. Cover and refrigerate until set. Sprinkle with additional cinnamon if desired. ■

Easy Unmolding Coating a mold with cooking spray ensures the easy release of your gelatin from the mold.



cooksmart

EASY SOLUTIONS from readers & our test kitchen

MORE ONIONS
ON PAGE 65

Onions!

Raw, cooked or caramelized, these versatile tearjerkers have real appeal

White onions

turn sweet when sauteed. They are the traditional onion used in Mexican cooking.

Pearl onions

liven up your side dishes. Pickled, this variety is an essential cocktail garnish.

Leeks and their mellow taste often win over those who dislike other onions.

Chives can be used in place of green onions if you triple the amount (they're mild).

Green onions, or scallions, are onions harvested before maturity. Chop some on packaged foods to add zip and zing.

Yellow onions, with their sharp flavor, are the most common and versatile.

Shallots' flavor gets harsher as they get larger. Look for small, young bulbs.

Red onions add great color to dishes. Use fresh or lightly grilled.



So Good, You'll Cry

Caramelizing onions adds **rich sweetness** to most any dish. Our test kitchen's **Laura Scharnott** walks you through this simple **technique**

Slowly cooking onions draws out their natural sweetness as the sugar in them caramelizes. The result is sweet, tender, dark-brown onions that enhance the taste of just about anything from soups to meats.

All you need is oil, onions and a little time. You can caramelize any onion, but some varieties might caramelize more quickly depending on their sugar content. Standard yellow onions work well and actually have more sugar than Vidalia and other sweet onions.

More important than the type of onion you choose is how you prepare it:

- Slice onions into consistent shapes and thicknesses to ensure they cook and caramelize evenly.
- Onions will lose about $\frac{2}{3}$ of their volume as their water evaporates during cooking, so start out with more than you think you need.
- Watch the onions closely and stir frequently. As they near the end of cooking, you might need to stir every minute to prevent burning.

Jazz 'Em Up

Caramelized onions take on new personalities with these mix-ins:

- Fresh or dried herbs
- A splash of balsamic vinegar
- A few tablespoons of red wine or beef broth

Add 'Em On

Onions this good make just about anything taste better. Try them with:

- Mashed, baked or roasted potatoes
- Steak, poultry or sausages
- Scrambled eggs and omelets
- Sautéed vegetables

HOW TO CARAMELIZE ONIONS



1. Slice

Slice root and top off onion; cut in half. Peel and slice. Use a large, heavy skillet so the onions are not crowded. Heat oil in the pan over medium heat; add the onions and stir to coat.



2. Stir

Cook onions, stirring occasionally from the bottom every 5 minutes. Once onions begin to brown, reduce heat. Continue cooking 20-30 minutes, stirring every 2-5 minutes until onions are golden-brown, adding more oil if needed.



3. Caramelize

When onions reach their desired color, remove from heat to stop cooking. Sprinkle onions with salt, pepper and sugar to enhance flavors if desired.



Ultimate Panini

"The aroma of onions cooking at country fairs and street vendor carts makes me crave caramelized onions. I wanted to pair them with something special, and this sandwich is just that."

—CHARLENE BROGAN FALMOUTH, MAINE

PREP: 40 MIN. • **COOK:** 5 MIN./BATCH
YIELD: 4 SERVINGS

- 2 large onions, sliced
- 2 Tbsp. canola oil
- 4 slices provolone cheese
- ½ lb. thinly sliced deli ham
- 1 large tomato, sliced
- 8 garlic-flavored sandwich pickle slices
- 8 slices Italian bread (½ in. thick)
- 2 Tbsp. butter, softened

1. In a large skillet, saute onions in oil until softened. Reduce heat to medium-low; cook, stirring occasionally, for 30 minutes or until deep golden-brown.

2. Layer the cheese, ham, tomato, pickles and caramelized onions on four bread slices; top with remaining bread. Spread outsides of sandwiches with butter.

3. Cook on a panini maker or indoor grill for 3-4 minutes or until bread is browned and cheese is melted. ■

TOH TEST KITCHEN TIP

Make extra caramelized onions to keep on hand in the fridge (3 or 4 days) or freezer (up to 3 months) to dress up soups, salads, sandwiches and dips in a flash.

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15 minutes, 16 servings

- 4 cups Rice Chex® or Corn Chex® cereal
- ¼ cup salted soy nuts
- 2 tablespoons olive or canola oil
- 4 teaspoons balsamic vinegar
- 1 teaspoon garlic powder
- 1 teaspoon Italian seasoning
- 5 cups popped 94% fat-free butter-flavor microwave popcorn
- 3 tablespoons shredded or grated Parmesan cheese

GLUTEN FREE

- 1.** In large microwavable bowl, mix cereal and soy nuts.
- 2.** In small bowl, mix oil, vinegar, garlic powder and Italian seasoning. Pour over cereal mixture, stirring to coat. Stir in popcorn until well mixed.
- 3.** Microwave uncovered on High 2 minutes. Sprinkle with cheese. Microwave 1 minute longer, thoroughly stirring after 30 seconds. Spread on waxed paper to cool. (Cereal will crisp as it cools.) Store in airtight container.

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Vegetable Scrambled Eggs

These scrambled eggs are packed with a variety of veggies, giving you an instant healthy start to your day.

—MARILYN IPSON ROGERS, ARKANSAS

PREP/TOTAL TIME: 10 MIN.
YIELD: 2 SERVINGS

- 1 cup egg substitute
- ½ cup chopped green pepper
- ¼ cup sliced green onions
- ¼ cup fat-free milk
- ¼ tsp. salt
- ⅓ tsp. pepper
- 1 small tomato, chopped and seeded

1. In a small bowl, combine the egg substitute, green pepper, onions, milk, salt and pepper. Pour into a nonstick skillet coated with cooking spray. Cook and stir over medium heat until eggs are nearly set. Add the tomato; cook and stir until completely set.

Nutrition Facts: 1 serving equals 90 calories, trace fat (trace saturated fat), 1 mg cholesterol, 563 mg sodium, 8 g carbohydrate, 2 g fiber, 14 g protein.

Diabetic Exchanges: 2 lean meat, 1 vegetable.



California Chicken Wraps

"Hummus is a fantastic alternative to mayonnaise. The combination of hummus and feta gives these wraps unbeatable flavor." —DONNA MUNCH
EL PASO, TEXAS

PREP/TOTAL TIME: 15 MIN.
YIELD: 4 SERVINGS

- ⅓ cup prepared hummus
- 4 whole wheat tortillas (8 in.)
- 2 cups cubed cooked chicken breast
- ¼ cup chopped roasted sweet red peppers
- ¼ cup crumbled feta cheese
- ¼ cup thinly sliced fresh basil leaves

1. Spread hummus on tortillas; top with chicken, peppers, cheese and basil. Roll up.

Nutrition Facts: 1 wrap equals 300 calories, 8 g fat (2 g saturated fat), 58 mg cholesterol, 408 mg sodium, 26 g carbohydrate, 3 g fiber, 27 g protein.

Diabetic Exchanges: 3 lean meat, 2 starch.



Grilled Stuffed Pork Tenderloin

"We like to serve this stuffed tenderloin with a mixed salad. It's very good and so easy, you won't believe it."

—BOBBIE CARR LAKE OSWEGO, OREGON

PREP: 20 MIN. + MARINATING
GRILL: 25 MIN. • **YIELD:** 6 SERVINGS

- 2 pork tenderloins (3/4 lb. each)**
- 3/4 cup dry red wine or reduced-sodium beef broth**
- 1/3 cup packed brown sugar**
- 1/4 cup ketchup**
- 2 Tbsp. reduced-sodium soy sauce**
- 2 garlic cloves, minced**
- 1 tsp. curry powder**
- 1/2 tsp. minced fresh gingerroot**
- 1/4 tsp. pepper**
- 1 1/4 cups water**
- 2 Tbsp. butter**
- 1 pkg. (6 oz.) stuffing mix**

1. Cut a lengthwise slit down the center of each tenderloin to within 1/2 in. of bottom. In a large resealable plastic bag, combine the wine or broth, brown sugar, ketchup, soy sauce, garlic, curry, ginger and

pepper; add pork. Seal bag and turn to coat; refrigerate for 2-3 hours.

2. In a small saucepan, bring water and butter to a boil. Stir in stuffing mix. Remove from the heat; cover and let stand for 5 minutes. Cool.

3. Drain and discard marinade. Open tenderloins so they lie flat; spread stuffing down the center of each. Close tenderloins; tie at 1 1/2-in. intervals with kitchen string.

4. Using long-handled tongs, moisten a paper towel with cooking oil and lightly coat the grill rack. Prepare grill for indirect heat using a drip pan. Place pork over drip pan; grill pork, covered, over indirect medium-hot heat for 25-40 minutes or until a meat thermometer reads 160°. Let stand for 5 minutes before slicing.

Nutrition Facts: 1 serving equals 296 calories, 9 g fat (4 g saturated fat), 73 mg cholesterol, 678 mg sodium, 24 g carbohydrate, 1 g fiber, 27 g protein.

Diabetic Exchanges: 3 lean meat, 1 1/2 starch, 1 fat.



The all-new *Taste of Home Comfort Food Diet: Family Classics Collection* includes more than 400 recipes, a 6-week meal planner and free access to online support. It's available wherever books are sold or at shoptasteofhome.com.

SAMPLE MENU

BREAKFAST 359 calories

2 servings **Vegetable Scrambled Eggs**
180 CALORIES

2 mini bagels, 2 1/2-in. diameter

144 CALORIES with

1 tablespoon whipped cream cheese
35 CALORIES

1 cup coffee with sugar substitute and
1 tablespoon liquid non-dairy creamer
FREE FOOD

LUNCH 400 calories

1 **California Chicken Wrap**

300 CALORIES

1 medium banana

100 CALORIES

1 diet soft drink

FREE FOOD

DINNER 482 calories

1 serving **Grilled Stuffed**

Pork Tenderloin

296 CALORIES

Steamed fresh or frozen green beans
topped with 1 teaspoon reduced-fat
margarine

FREE FOOD

1 big green salad with 1 tablespoon
reduced-fat salad dressing

FREE FOOD

1 cup fat-free milk

86 CALORIES

1 Mini Apple Strudel

100 CALORIES

1 cup hot tea with sugar substitute

FREE FOOD

SNACKS 140 calories

1/2 cup sugar-free chocolate pudding,
made with fat-free milk, topped with
a crushed chocolate wafer

99 CALORIES

1/2 cup fresh blueberries

41 CALORIES

DAY'S TOTAL
1,381 CALORIES

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Creamy Raspberry Fruit Dip

Hands-On Prep: 5 minutes Makes: 12 servings Serving Size: 2 tbsp

- 1 **8 oz bar Weight Watchers® Reduced Fat Cream Cheese Spread, (room temperature)**
- 1/4 cup marshmallow fluff
- 3 **tbsp. sugar-free seedless raspberry preserves**

1. Combine all ingredients. Blend thoroughly.
2. Serve with fresh fruit.

Per serving: 30 Calories, 2g Fat, 3g Carbohydrates, less than 1g Protein, 1g Fiber



Eggs Florentine

Hands-On Prep: 5 minutes Cook: 15 minutes Makes: 2 servings

- 4 **large egg whites**
- 1 **teaspoon water**
- 1/8 **teaspoon salt**
- 1/8 **teaspoon pepper**
- 1 **teaspoon red onion, finely minced**
- 1 **cup packed baby spinach leaves**
- 2 **slices Weight Watchers® Cheese Singles**
- 1 **Weight Watchers® Wheat English Muffin, split and toasted**

1. Combine egg whites, water, salt, and pepper in a small bowl and set aside. Do not whisk or beat egg whites.
2. Heat a medium nonstick sauté pan over medium-high heat and lightly coat with nonstick spray. Add red onion and sauté until soft, 1–2 minutes. Stir in spinach and continue cooking until spinach wilts, 1–2 minutes. Add egg-white mixture and cook until egg whites are opaque, about 3 minutes; using a large spatula, flip over and cook until other side is done, 1–2 minutes. Push eggs and vegetables with spatula to middle of pan and turn off heat. Place Weight Watchers Cheese Singles over eggs until melted, 1–2 minutes. Using spatula, divide and scoop equal amounts egg-and-vegetable mixture onto each English muffin half.

Per serving (½ muffin): 140 Calories, 3g Fat, 15g Carbohydrates, 15g Protein, 5g Fiber

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Give It a Rest

When and what you eat can either help or hinder your ability to fall **asleep at night**



For some people, getting a good night's sleep is a challenge. Stress and worry are often the culprits, but your eating habits also might be to blame. So try these recommendations from the Mayo Clinic—they might help you get some shut-eye:

- **Instead of a heavy evening meal, choose a light dinner** at least 2 hours before going to bed. Avoid spicy and fatty foods, particularly if you suffer from occasional heartburn. And watch your liquids; they can cause you to wake up for repeated trips to the bathroom.
- **Skip caffeine and alcohol in the evening.** Caffeine will keep you awake, so avoid it for 8 hours before bedtime. And alcohol actually disrupts your sleep, often by causing snoring or sleep apnea.

Schooled in Nutrition

School cafeterias get a bad rap, and rightly so, for serving an overabundance of chicken nuggets, pizza and hot dogs. But that's slowly changing: Schools nationwide are serving more fresh fruits, vegetables, whole grains and low-fat dairy. According to a survey by the School Nutrition Association, nearly 70 percent of districts have also reduced or limited added sodium, and two-thirds have reduced or limited added sugars in cafeteria food.



SAY CHEESE

Grilled cheese, cheese enchiladas, macaroni and cheese—who doesn't crave these creamy favorites? But the calories in a scrumptious chunk of cheddar, Gorgonzola or other varieties might have you thinking twice about indulging.

The good news is you don't have to give it up, says Thomas Cimo, a dietitian at New York-Presbyterian Hospital. Instead, when you want to include cheese in your diet, choose other foods wisely, watch your portion size and read labels.

An ounce of cheese made from whole milk generally contains 80 to 120 calories and 6 to 10 grams of fat (4 to 6 grams saturated fat). An ounce is about the size of a pair of dice. Cimo recommends keeping portions to 1 ounce, which might be difficult for cheese lovers.

Processed cheese slices can help with portion control. Some even come in 2% varieties. However, the taste and texture of low-fat cheeses might take a little getting used to when compared to full-fat varieties. But if you're adding the cheese to a casserole, burrito or an omelet, these lower-calorie options will do just fine. ■



Did you know? Egg yolks may be good for your eyes. The yolks are a rich source of lutein and zeaxanthin, relatives of beta carotene that may help keep eyes healthy and have been linked to a reduced risk of age-related macular degeneration.



Stew Savvy For variety, try serving this stew over rice, biscuits or noodles.

Stephanie's Slow Cooker Stew

Start this warming one-pot meal before you head out for the day. By the time you get home, the well-seasoned meat will be tender and mouthwatering.

—STEPHANIE RABBITT-SCHAPPACHER

WEST CHESTER, OHIO

PREP: 20 MIN. • **COOK:** 7½ HOURS
YIELD: 5 SERVINGS

- 1 lb. beef stew meat
- 2 medium potatoes, peeled and cubed
- 1 can (14½ oz.) beef broth
- 1 can (11½ oz.) V8 juice
- 2 celery ribs, chopped
- 2 medium carrots, chopped
- 1 medium sweet onion, chopped
- 3 bay leaves
- ½ tsp. salt
- ½ tsp. dried thyme
- ½ tsp. chili powder
- ¼ tsp. pepper
- 2 Tbsp. cornstarch
- 1 Tbsp. cold water
- ½ cup frozen corn
- ½ cup frozen peas

1. In a 3-qt. slow cooker, combine the first 12 ingredients. Cover and cook on low for 7-8 hours or until meat is tender. Discard bay leaves.
2. In a small bowl, combine the cornstarch and water until smooth; stir into stew. Add corn and peas. Cover and cook on high for 30 minutes or until thickened. ■

Turn Over a New Leaf

Give **bay leaves** a try when you want to add **subtle herb flavor** to everything from **saucers to stews**

Bay Leaf Bits

- Whole bay leaves lend a woody, astringent flavor to foods, but they are not edible. Be sure to remove them before serving.
- Two kinds of bay leaves are available in the United States: Turkish and California. The subtle flavor of the Turkish variety is preferred for most cooking.
- Bay leaves come from the evergreen bay laurel tree. In ancient Rome and Greece, victors were crowned with wreaths made of the leaves, and winning athletes received garlands of them.
- For flavor, some cooks add a bay leaf to the water when cooking pasta.



MORE ONLINE:

For more bay leaf-infused recipes, visit tasteofhome.com/bayleaves

Short & Sweet

With these **speedy recipes**, you won't mind being sweet-talked into making **dessert**



Cherry Pie Chimis

Divide two 21-oz. cans of **cherry pie filling** equally among 6 **flour tortillas** (10 in. each). Fold sides and ends over filling and close with a toothpick. Deep fat fry in hot oil until all sides are golden, about 4 min. Drain. Sprinkle with **confectioners' sugar**; serve immediately. *Makes 6 chimis.* —**TERRY DOMINGUEZ** SILVER CITY, NEW MEXICO



Also great over ice cream!

Tipsy Roasted Peaches

In a saucepan, warm $\frac{1}{3}$ cup **brandy**, $\frac{1}{3}$ cup **honey** and 3 Tbsp. **butter**. Combine 2 cups **frozen unsweetened sliced peaches** with 3 Tbsp. brandy mixture; place on a large greased baking pan. Bake at 400° for 10-15 min. or until tender. Serve roasted peaches with **toasted pound cake**, **brandy sauce**, **toasted almonds** and **whipped cream**. *Serves 4.* —**SUSAN MARTIN** OSHKOSH, WISCONSIN



Rocky Road Pudding Cups

In a saucepan, combine $\frac{1}{2}$ cup **sugar**, $\frac{1}{3}$ cup **baking cocoa** and 3 Tbsp. **cornstarch** with $2\frac{1}{2}$ cups **milk**. Cook and stir over medium-high heat until thickened. Remove from heat. Stir $\frac{1}{2}$ cup of the pudding into a bowl with 2 **beaten eggs**; return to the pan, stirring constantly until boiling. Remove from heat and stir in 1 cup **chocolate chips** until melted. Serve with **chopped pecans**, **miniature marshmallows** and **chocolate chips**. *Makes 3 cups.* —**CAROLE FRASER** TORONTO



Raspberry & Rosemary Sundaes

Cook 2 cups **raspberries**, $\frac{1}{3}$ cup **sugar**, 1 Tbsp. **balsamic vinegar**, 1 tsp. **fresh rosemary** and 1 Tbsp. **butter** until berries are heated through. Serve over **peach ice cream**. *Serves 6.* —**LISA RENSHAW** KANSAS CITY, MISSOURI ■

MORE ONLINE:

For more quick recipes ready in 30 minutes or less, visit tasteofhome.com/30

TOH TEST KITCHEN TIP

PANTRY ESSENTIALS Keep these items on hand for easy desserts: **chocolate** to chop or shave and sprinkle over ice cream; **spices** to stir into cocoa or pudding; a variety of **nuts** to top yogurt or ice cream; **dried fruits** to rehydrate with juice or wine and serve as is or over ricotta cheese.

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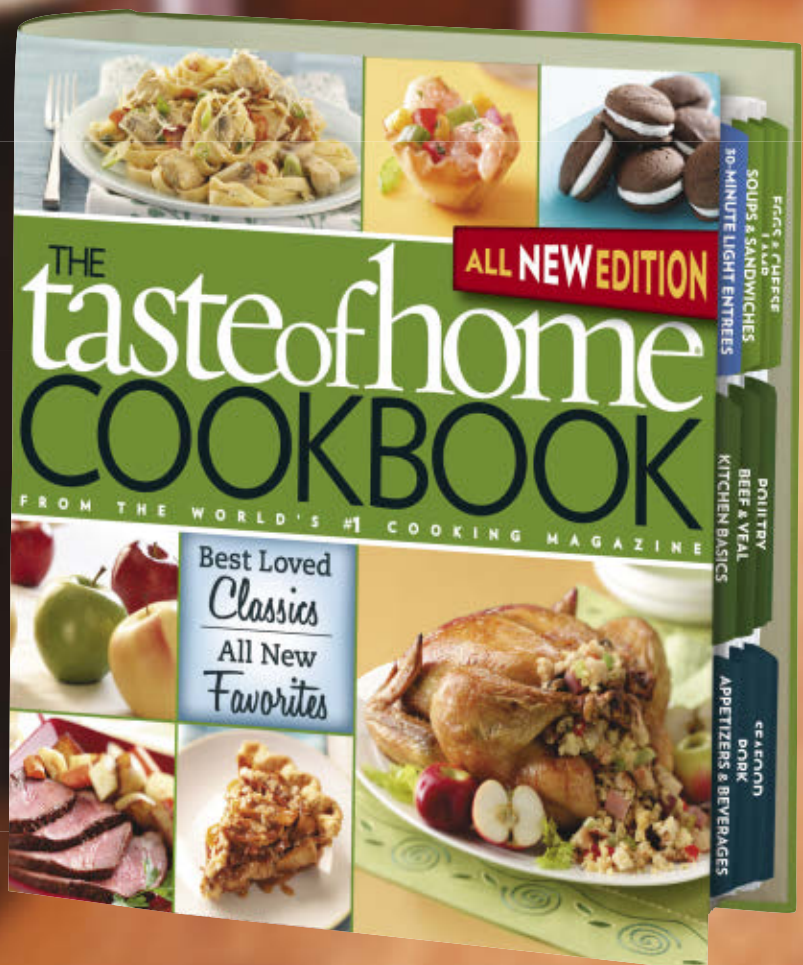
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Nutty Chicken Stir-Fry

"My daughter makes this yummy stir-fry often for our family. It goes together so quickly. The peanuts and chunky peanut butter give it a nice crunch. Leftovers—if there are any—are great!"

—SHIRLEY CONRAD HIGH AMANA, IOWA

PREP: 20 MIN. • **COOK:** 15 MIN.

YIELD: 5 SERVINGS

- 1 lb. boneless skinless chicken breasts, chopped
- 1 Tbsp. canola oil
- 1 pkg. (16 oz.) frozen stir-fry vegetable blend
- 6 garlic cloves, minced
- 2 Tbsp. brown sugar
- 4 tsp. cornstarch
- $\frac{3}{4}$ tsp. ground ginger
- $\frac{1}{2}$ cup chicken broth
- $\frac{1}{3}$ cup reduced-sodium soy sauce
- $\frac{1}{4}$ cup chunky peanut butter
- 5 to 6 drops hot pepper sauce
- 3 cups shredded cabbage
- $\frac{3}{4}$ cup salted peanuts, chopped
- Hot cooked rice

1. In a large skillet or wok, stir-fry chicken in oil for 2 minutes. Add vegetables; cook 4 minutes longer. Add garlic; stir-fry until chicken is no longer pink and vegetables are crisp-tender.
2. In a small bowl, combine the brown sugar, cornstarch and ginger; stir in the broth, soy sauce, peanut butter and pepper sauce until blended. Pour over chicken mixture.
3. Bring to a boil; cook and stir for 2 minutes or until thickened. Add cabbage; cook 2 minutes longer or until crisp-tender. Sprinkle with peanuts. Serve with rice.



ON THE SIDE...

Easy Egg Drop Soup

Heat 3 cups **chicken broth** until boiling. Combine 1 Tbsp. **cornstarch** with 2 Tbsp. **water**; slowly stir into broth. Bring to a boil; cook and stir until thickened. Reduce heat; drizzle 1 beaten **egg** into the broth, stirring constantly. Remove from heat. Add 1 sliced **green onion**. *Serves 4.*

—AMY CORLEW-SHERLOCK LAPEER, MICHIGAN

Slow and Easy BBQ Ribs

Put your appliances to work for you! Take advantage of your slow cooker's convenience with these tender pork ribs coated in tangy barbecue sauce.

—KIMI SHORT PRIOR LAKE, MINNESOTA

PREP: 15 MIN. • **COOK:** 5½ HOURS
YIELD: 4 SERVINGS

- 2 lbs. boneless country-style pork ribs
- 1 can (6 oz.) unsweetened pineapple juice
- 1 medium onion, thinly sliced
- 1 garlic clove, minced
- ¾ cup barbecue sauce
- ½ cup plum jam

1. In a large skillet coated with cooking spray, brown ribs on all sides. Transfer to a 3-qt. slow cooker; top with pineapple juice, onion and

garlic. Cover and cook on low for 5-6 hours or until meat is tender.

2. Remove ribs; drain and discard cooking juices and onion. Return ribs to the slow cooker. Combine barbecue sauce and jam; pour over ribs. Cover and cook on high for 30 minutes.



ON THE SIDE...

Microwave Mac 'n' Cheese

In a large microwave-safe dish, combine 2 cups uncooked **elbow macaroni** with 2 cups hot **water**, ⅓ cup **butter**, ¼ cup chopped **onion**, ¾ tsp. **salt** and ¼ tsp. each **pepper** and **ground mustard**. Cover and microwave on high for 3 min.; stir. Cover and cook at 50% power for 3 min. or until boiling. Combine ⅓ cup **flour** and 1¼ cups **milk**; gradually stir into macaroni mixture. Add 8 oz. cubed **Velveeta**. Cover and cook on high for 6 min. or until macaroni is tender, stirring once. *Serves 4.* —LINDA GINGRICH FREEBURG, PENNSYLVANIA

Savory Sausage Penne Supper

"I enjoyed a similar pasta dish at a restaurant and decided to re-create it to suit my family's tastes. If I have extra sauce, I freeze it and use it as a base for soup later." —NOELLE MYERS GRAND FORKS, NORTH DAKOTA

PREP/TOTAL TIME: 30 MIN.
YIELD: 6 SERVINGS

- 1 pkg. (16 oz.) penne pasta
- 1 can (15 oz.) tomato sauce
- 1 jar (7 oz.) roasted sweet red peppers, drained
- 1 medium onion, cut into wedges
- 1 Tbsp. olive oil
- 2 garlic cloves, peeled
- 2 tsp. balsamic vinegar
- 1 tsp. sugar
- 1 tsp. Italian seasoning
- ½ tsp. ground coriander
- ½ tsp. fennel seed
- ¼ tsp. garlic salt
- 1 lb. bulk Italian sausage
- ⅓ cup shredded Parmesan cheese
- ¼ cup minced fresh basil

1. Cook pasta according to package directions. Meanwhile, place the tomato sauce, red peppers, onion, oil, garlic, vinegar, sugar, Italian seasoning, coriander, fennel seed and garlic salt in a food processor; cover and process until blended. Set aside.

2. In a large skillet, cook sausage over medium heat until no longer pink; drain. Add tomato mixture. Bring to a boil. Reduce heat; simmer, uncovered, for 10-15 minutes or until slightly thickened.

3. Drain pasta; toss with sauce. Sprinkle with cheese and basil.

ON THE SIDE...

Broccoli with Almonds

Cook 1½ lbs. fresh **broccoli spears** in 1 cup **water** and 1 tsp. **chicken bouillon granules** until crisp-tender. Drain. In a skillet, cook ¼ cup sliced **almonds** in 3 Tbsp. **butter** until browned. Add ½ cup chopped **onion** and **salt** to taste; cook until onion is tender. Pour over broccoli. *Serves 6.*

—VERNA PUNTIGAN PASADENA, MARYLAND



➤ More recipes on page 50

Best-Ever Chicken Fajita Chowder

Warm up weeknights with bowls of this thick, cheesy soup that captures the zippy flavors of the Southwest. —**BEVERLY MATTHEWS PASCO**, WASHINGTON

PREP: 15 MIN. • **COOK:** 45 MIN. **YIELD:** 6 SERVINGS

- 1 lb. boneless skinless chicken breasts, chopped
- 1 each medium green, sweet red and yellow peppers, chopped
- 1 medium onion, chopped
- 2 Tbsp. olive oil
- 3 cups water
- 2 cups frozen corn
- 1 cup uncooked brown rice
- 1 cup green enchilada sauce
- ¼ cup canned chopped green chilies
- ¼ tsp. salt
- 1 cup (4 oz.) shredded Mexican cheese blend
- 1 cup (8 oz.) sour cream
- Tortilla chips and minced fresh chives, optional

sauce, chilies and salt. Bring to a boil. Reduce heat; cover and simmer for 35-40 minutes or until rice is tender.

2. Remove from the heat. Stir in cheese and sour cream until cheese is melted. Serve with chips and chives if desired.

ON THE SIDE... Sesame Breadsticks

Unroll and separate a tube of **refrigerated breadsticks**; twist each breadstick. Place on an ungreased baking sheet; brush with **melted butter** and sprinkle with **sesame seeds**. Bake at 400° for 12 min. or until golden. *Serves 6.*

—**DEE DREW** ALISO VIEJO, CALIFORNIA

1. In a Dutch oven over medium-high heat, cook and stir the chicken, peppers and onion in oil until vegetables are crisp-tender. Stir in the water, corn, rice, enchilada

Mediterranean Shrimp Skillet

"Tender shrimp, fresh spinach and minced basil combine with tangy lemon and feta cheese to give this wonderful pasta toss a unique flavor."

—**HEIDI FARNWORTH** RIVERTON, UTAH

PREP/TOTAL TIME: 30 MIN.
YIELD: 4 SERVINGS

- 8 oz. uncooked angel hair pasta
- 1½ lbs. uncooked medium shrimp, peeled and deveined
- 1½ tsp. olive oil
- 3 garlic cloves, minced
- ¼ tsp. salt
- ¼ tsp. pepper
- 1½ cups chicken broth, divided
- 2 Tbsp. lemon juice
- ½ tsp. dried basil
- 2 tsp. cornstarch
- 4 cups chopped fresh spinach
- ½ cup crumbled feta cheese
- ¼ cup minced fresh basil

1. Cook pasta according to package directions. Meanwhile, in a large skillet, saute shrimp in oil until shrimp turn pink. Add the garlic, salt and pepper; cook 1 minute longer. Remove and set aside.

2. In the same skillet, heat 1 cup broth, lemon juice and dried basil. In a small bowl, combine cornstarch and remaining broth until smooth; stir into the pan. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in spinach and shrimp; cook until spinach is wilted.

3. Drain pasta; serve with shrimp mixture. Sprinkle with cheese and fresh basil.

ON THE SIDE... Basil Baked Tomatoes

In a skillet, saute 1 minced **garlic clove** in 1 Tbsp. **oil**. Add ½ cup **soft bread crumbs**; cook until browned. Halve 2 large **tomatoes**; sprinkle with fresh chopped **basil** and **pepper**. Top with bread crumb mixture. Bake at 325° for 15 min. or until tomatoes are softened. *Serves 4.* —**MARY DETZI** WIND GAP, PENNSYLVANIA ■



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1 pkg. (19.76 oz.) Johnsonville® Italian Mild Sausage Links, grilled and coin-sliced

1 pkg. rigatoni pasta

3 tbsp. olive oil

2 cloves garlic, minced

1 large red pepper, chunked and sautéed

1 jar (26 oz.) of your favorite pasta sauce

2 tbsp. parsley, chopped

Cook sausage according to package directions, keep warm. Cook the rigatoni according to directions, keep warm. In a large pan, place olive oil and garlic, sauté lightly for 30 seconds. Add peppers and cook until crisp-tender. Combine cooked sausage and pasta sauce with peppers and heat until warm. Mix with the pasta or serve separately. Top with fresh parsley. Serve warm.

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Lemon Aide

A California **cook-in-training** helps sweeten **Grandma's kitchen**



All grandparents will tell you their grandchildren light up their lives. But Phyllis Harmon of Nelson, Wisconsin, says her 7-year-old granddaughter, Riley McGuire, also lights up her kitchen when Riley comes from San Clemente, California, for a visit.

"It's a joy to bake with her. I love the pride and happiness on her face," says Phyllis, better known as "Gooma" to Riley. "Cooking and baking are about the only girlie things I can get Riley to do. She's on the football team and, I hear, is one of the best players."

While Riley may often prefer catching pigskins, she gladly walked off the gridiron for her first, and most favorite, baking project with Grandma—lemon poppy seed cake.

"Gooma let me do everything," says Riley. "I opened the packages, measured the oil, water and poppy seeds, and cracked the eggs. Some shells got in, but I got them out. Next time, I'm supposed to crack the eggs into a separate bowl, then put them in the big bowl."

According to Riley, the best part of making the cake was eating it. "I ate a lot of it," she says. "Gooma and Goompa said it was the best ever." So what's next on Riley and Gooma's list to bake? "Well, I loved baking pumpkin pies for Thanksgiving," Riley says. "So now I want to make an Oreo Cookie Cake."

With a little help from her grandmother, who thinks Riley will someday be a great cook and baker, that cookie cake is sure to score a touchdown in the kitchen.

Grandma's Lemon Poppy Seed Cake

"This is from a collection of family recipes. Riley likes that it tastes like lemons, but is sweet. It's always moist and wonderful."

—PHYLLIS HARMON NELSON, WISCONSIN

PREP: 20 MIN • **BAKE:** 30 MIN. + COOLING
YIELD: 15 SERVINGS

- 1 pkg. (18¼ oz.) lemon cake mix
- 1 pkg. (3.4 oz.) instant vanilla pudding mix
- 4 eggs
- 1 cup water
- ½ cup canola oil
- ¼ cup poppy seeds

DRIZZLE:

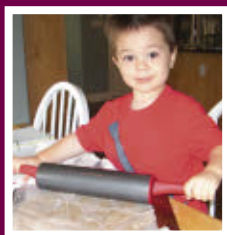
- 2 cups confectioners' sugar
- 2 Tbsp. water
- 2 Tbsp. lemon juice

1. In a large bowl, combine the cake mix, pudding mix, eggs, water and oil; beat on low speed for 30 seconds. Beat on medium for 2 minutes. Fold in poppy seeds. Transfer to a greased and floured 13-in. x 9-in. baking pan. Bake at 350° for 30-35 minutes or until a toothpick inserted near the center comes out clean. Cool on a wire rack. For drizzle, combine confectioners' sugar, water and lemon juice; drizzle over cake. ■

Riley and Gooma's Tip: "Make this recipe as muffins by pouring batter into greased muffin tins. Keep an eye on them since they bake quicker."

GOT A KID WHO COOKS? We're looking for kid-friendly recipes you make together, from healthy snacks to dinner and dessert. Send them to editors@tasteofhome.com. Please put "Kids in the Kitchen" in the subject line.

▼ **Houston Lovette**
Age 3



▲ **Rylee Orchard**
Age 2



▼ **Peyton Stateler** Age 4



MORE ONLINE:

For this issue's coloring book page, go to tasteofhome.com/kids



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Ham and Cheese Cannelloni

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Serves 4 / Prep: 15 minutes

Cook: 20 minutes

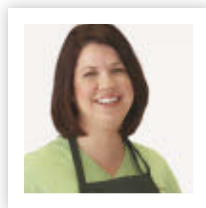
- 1 cup whole-milk ricotta cheese
- 1 cup shredded mozzarella cheese
- 1 large egg
- One 15-ounce jar Classico® Light Creamy Alfredo Sauce
- 8 egg-roll wrappers (available in the frozen Asian or refrigerated section)
- 8 slices deli ham
- 1/2 cup freshly grated Parmigiano-Reggiano cheese

1. Preheat the oven to 400°. In a medium bowl, combine the ricotta, mozzarella and the egg.
2. Reserve 3/4 cup of the Alfredo Sauce and spread the remaining sauce in the bottom of a 9-by-13-inch baking dish.
3. Arrange an egg-roll wrapper on a work surface. Spread 3 tablespoons of the ricotta mixture over the wrapper, cover with a slice of ham, then roll up to form a log, jelly-roll style. Repeat with the remaining wrappers and place the cannelloni, seam side down, in a single layer in the baking dish.
4. Spoon the reserved Alfredo Sauce over the cannelloni, top with the Parmigiano-Reggiano and bake for 20 minutes, or until golden brown and bubbly.

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Must-Have Muffins

By Kristi Larson

Culinary Specialist, *Taste of Home* Cooking School

I spend a good deal of time on the road doing cooking shows on the West Coast. Whether I'm in Idaho, California or Oregon, I frequently get questions and comments about one baked good in particular: muffins. They seem to be a favorite since they're simple to make and can be enjoyed anytime.

Here's a foolproof muffin recipe, sent in by a reader from Tennessee, that's a Cooking School favorite. I recommend you make an extra batch to keep in the freezer, ready to warm up in the microwave for a to-go breakfast or a yummy snack.



Kristi's Tips

- If you don't have a zester, use the small holes on a box grater and run the orange over it diagonally.
- This recipe calls for 1 cup of cranberries. A 12-ounce bag usually yields about 3 cups whole or 2½ cups chopped. Use a food processor with quick pulses to speed up the chopping process.

LEARN MORE about our traveling cooking show at tasteofhome.com/cookingschool

Cran-Orange Streusel Muffins

In less than 45 minutes, you can have these hot and flavorful muffins on the table. Feel free to substitute your favorite fruit, such as raspberries or strawberries, for the cranberries.

—HANNAH BARRINGER

LOUDON, TENNESSEE

PREP: 20 MIN. **BAKE:** 20 MIN.

YIELD: 1 DOZEN

- ¼ cup butter, softened
- ½ cup sugar
- 1 egg
- 1 cup fat-free milk
- ¼ cup unsweetened applesauce
- ½ tsp. vanilla extract
- 2 cups all-purpose flour
- 2 tsp. baking powder
- ½ tsp. salt
- 1 cup fresh or frozen cranberries, coarsely chopped
- 2½ tsp. grated orange peel

STREUSEL TOPPING:

- 2 Tbsp. all-purpose flour
- 2 Tbsp. brown sugar
- ¼ tsp. ground cinnamon
- 2 Tbsp. cold butter

1. In a large bowl, beat butter and sugar until crumbly, about 2 minutes. Beat in egg. Beat in the milk, applesauce and vanilla. Combine the flour, baking powder and salt; stir into butter mixture just until moistened. Fold in cranberries and orange peel.
2. Coat muffin cups with cooking spray; fill three-fourths full with batter. For topping, combine the flour, brown sugar and cinnamon in a small bowl. Cut in butter until crumbly. Sprinkle over batter.
3. Bake at 400° for 18-22 minutes or until a toothpick inserted near the center comes out clean. Cool for 5 minutes before removing from pan to a wire rack. ■



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Rise to the Occasion

The heavenly aroma, the crunch of the golden crust, the **total satisfaction** that comes from homemade **yeast bread** is well worth the extra effort. And it's easier than you might think with these **down-to-earth recipes** and our test kitchen's helpful **problem-solving guide** on page 62

Favorite Swedish Rye



"My family likes a variety of breads. I made up this recipe as an experiment years ago, and it's still a staple in my home.

Sometimes I serve it with cheese and deli coldcuts." —**LORRAINE CALAND**
THUNDER BAY, ONTARIO

PREP: 45 MIN. + RISING
BAKE: 25 MIN. + COOLING
YIELD: 3 LOAVES (8 WEDGES EACH)

- 2 cups golden raisins
- 1 Tbsp. active dry yeast
- 2½ cups warm water (110° to 115°)
- ¾ cup packed brown sugar
- ½ cup molasses
- ¼ cup shortening
- 1 tsp. salt
- 2 cups rye flour
- 7 to 8 cups all-purpose flour

1. Place raisins in a small bowl. Cover with boiling water; let stand for 5 minutes. Drain and set aside.
2. In a large bowl, dissolve yeast in warm water. Add the brown sugar, molasses, shortening, salt, rye flour and 4 cups all-purpose flour. Beat on medium speed for 3 minutes. Stir in enough remaining flour to form a

soft dough (dough will be sticky).

3. Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease the top. Cover and let rise in a warm place until doubled, about 1 hour.

4. Punch dough down; shape into three round loaves. Place on greased baking sheets. Cover and let rise until doubled, about 45 minutes. Bake at 375° for 25-30 minutes or until bread sounds hollow when tapped. Remove to wire racks to cool.

Change It Up "You can replace the raisins with cranberries," suggests Lorraine.



Dilled Wheat Bread

"My house smells terrific when this wonderful bread is in the oven. It makes a fantastic meal served with soup. Cut thick slices with an electric knife and eat them while they're still warm. Yum!" —**BEVERLY PRESTON**

FOND DU LAC, WISCONSIN

PREP: 25 MIN. + RISING • **BAKE:** 30 MIN.
YIELD: 1 LOAF (12 SLICES)

- 2 cups all-purpose flour
- 1 cup whole wheat flour
- 2 Tbsp. sugar
- 1 Tbsp. dried minced onion
- 1 pkg. (¼ oz.) active dry yeast
- 2 tsp. dill weed
- 1 tsp. salt
- 1 cup (8 oz.) cream-style cottage cheese
- ½ cup water
- 1 Tbsp. butter
- 1 egg
- 2 tsp. butter, melted
- Coarse salt, optional

1. In a large bowl, combine ¾ cup all-purpose flour, whole wheat flour, sugar, onion, yeast, dill and salt. In a small saucepan, heat the cottage cheese, water and 1 Tbsp. butter to 120°-130°. Add to dry ingredients; beat just until moistened. Add egg; beat until smooth. Stir in enough remaining all-purpose flour to form a soft dough (dough will be sticky).

2. Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease the top. Cover and let rise in a warm place until doubled, about 1 hour.

3. Punch dough down. Shape into a loaf. Place in a greased 8-in. x 4-in. loaf pan. Cover and let rise in a warm place until doubled, about 45 minutes.

4. Bake at 350° for 25-30 minutes or until golden brown. Remove to a wire rack. Brush with melted butter; sprinkle with coarse salt if desired.



Dilled Wheat Bread



On the Side Serve these delightful rolls warm with the slow-cooked stew on page 45.

Confetti Fiesta Braids



"This bread is based on the winning recipe in a local contest I judged. I turned it into a double braid and added more

peppers. It's not difficult and is well worth the effort. Plus, it smells glorious when baking!" —FANCHEON RESLER

BLUFFTON, INDIANA **FE**

PREP: 1 HOUR + RISING
BAKE: 25 MIN. + COOLING
YIELD: 2 LOAVES (20 SLICES EACH)

- 5½ to 6½ cups all-purpose flour**
- 1 cup cornmeal**
- 2 pkg. (¼ oz. each) active dry yeast**
- 1 Tbsp. sugar**
- 2 tsp. salt**
- 1 cup buttermilk**
- ½ cup butter, cubed**
- ½ cup finely chopped onion**
- 2 eggs**
- 1½ cups (6 oz.) shredded cheddar cheese**
- 1 can (8½ oz.) cream-style corn**
- ½ cup finely chopped sweet red, yellow and/or orange peppers**
- ¼ cup chopped seeded jalapeno peppers**
- ¼ cup butter, melted**

1. In a large bowl, combine 4 cups flour, cornmeal, yeast, sugar and salt. In a small saucepan, heat the buttermilk, butter and onion to 120°-130°. Add to dry ingredients; beat just until moistened. Add eggs; beat until smooth. Stir in the cheese, corn and peppers. Stir in enough remaining flour to form a stiff dough.

2. Turn onto a floured surface; knead until smooth and elastic,

about 6-8 minutes. Place in a greased bowl, turning once to grease the top. Cover and let rise in a warm place until doubled, about 1 hour.

3. Punch dough down. Turn onto a lightly floured surface; divide dough in half. Divide half of dough into two portions so that one portion is twice the size of the other; shape larger portion into three 16-in. ropes. Place on a greased baking sheet and braid; pinch ends to seal and tuck under.

4. Shape smaller portion into three 10-in. ropes. Braid on a lightly floured surface; tuck ends under. Brush bottom of braid with water and place over larger braid. Cover loaf and let rise until doubled, about 45 minutes. Repeat with remaining dough.

5. Bake at 350° for 25-30 minutes or until golden brown. Brush with melted butter. Cool on a wire rack. Refrigerate leftovers.

Editor's Note: When cutting hot peppers, disposable gloves are recommended. Avoid touching your face.

Get Your Braided Best

To braid your loaf, arrange three ropes of dough lengthwise on a floured surface so they are almost touching. **1.** Starting in the middle, loosely bring the left rope under the center rope. **2.** Bring the right rope under the new center rope and repeat until you reach the end. **3.** Repeat the process with the other half. Press each end to seal and tuck ends under.



Overnight Refrigerator Rolls

Homemade dinner rolls couldn't be tastier. Their buttery flavor makes them a heartwarming accompaniment to soups, salads and a variety of entrees.

—JENNIFER KAUFFMAN FIGUEROA
GREENVILLE, SOUTH CAROLINA

PREP: 25 MIN. + CHILLING • **BAKE:** 15 MIN.
YIELD: 1 DOZEN

- 1 pkg. (¼ oz.) active dry yeast**
- ½ cup warm water (110° to 115°)**
- ½ cup warm 2% milk (110° to 115°)**
- ¼ cup butter-flavored shortening**
- 1 Tbsp. sugar**
- 1 tsp. salt**
- 1 egg**
- 3 cups all-purpose flour**

1. In a large bowl, dissolve yeast in warm water. Add the milk, shortening, sugar, salt, egg and 2 cups flour. Beat on medium speed for 2 minutes. Stir in enough remaining flour to form a soft dough (do not knead). Place in a greased bowl, turning once to grease the top. Cover and refrigerate overnight.

2. Punch dough down. Turn onto a lightly floured surface; divide into 12 pieces. Shape each into a ball. Place 2 in. apart on greased baking sheets. Cover and let rise in a warm place until doubled, about 1½ hours.

3. Bake at 400° for 15-20 minutes or until golden brown. Remove from pans to wire racks.



Savory Side Tomato-Herb Focaccia tastes so good served warm from the oven or at room temperature.

Tomato-Herb Focaccia

With its medley of herbs and tomatoes, this rustic bread will liven up any occasion, from a family meal to a game day get-together. And it won't last long.

—JANET MILLER INDIANAPOLIS, INDIANA

PREP: 30 MIN. + RISING • **BAKE:** 20 MIN.

YIELD: 1 LOAF (12 PIECES)

- 1 pkg. (¼ oz.) active dry yeast
- 1 cup warm water (110° to 115°)
- 2 Tbsp. olive oil, divided
- 1½ tsp. salt
- 1 tsp. sugar
- 1 tsp. garlic powder
- 1 tsp. each dried oregano, thyme and rosemary, crushed
- ½ tsp. dried basil
- Dash pepper
- 2 to 2½ cups all-purpose flour
- 2 plum tomatoes, thinly sliced
- ¼ cup shredded part-skim mozzarella cheese
- 1 Tbsp. grated Parmesan cheese

1. In a large bowl, dissolve yeast in warm water. Add 1 Tbsp. oil, salt, sugar, garlic powder, herbs, pepper and 1½ cups flour. Beat until smooth. Stir in enough remaining flour to form a soft dough (dough will be sticky).
2. Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease the top. Cover and let rise in a warm place until doubled, about 1 hour.
3. Punch dough down. Cover and let rest for 10 minutes. Shape into a 13-in. x 9-in. rectangle; place on a greased baking sheet. Cover and let rise until doubled, about 30 minutes. With fingertips, make several dimples over top of dough.
4. Brush dough with remaining oil; arrange tomatoes over the top. Sprinkle with cheeses. Bake at 400° for 20-25 minutes or until golden brown. Remove to a wire rack.



Proofing Yeast

To make sure active dry yeast (not quick-rise yeast) is alive and active, you may first want to proof it.

Here's How:

Dissolve one package of yeast and 1 teaspoon sugar in ¼ cup warm water (110° to 115°). Let stand for 5 to 10 minutes. If the mixture foams up, the yeast mixture can be used because it's active. If it doesn't foam, the yeast should be discarded, and you'll need to proof another package.

THE ONE ON THE LEFT ADDS CORN SYRUP.
GOOD THING WE MAKE THE ONE ON THE RIGHT.

Our Spice Islands 100% pure vanilla extract uses only Madagascar vanilla beans, a higher quality bean. They're so good we don't add corn syrup like most brands do. Learn more at spiceislands.com.

SPICE ISLANDS
{WHAT THE WORLD TASTES LIKE™}



Most brands add corn syrup.

We don't.

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When Good Bread Goes Bad

Having trouble with your bread? Let us help with our problem-solving pointers

□ BREAD DIDN'T RISE WELL OR NOT AT ALL

- Yeast was not fresh.
- Liquid was too hot and killed the yeast.
- Dough was kneaded too much or not enough. Knead only until the dough does not tear easily when stretched.
- Oven temperature was too low. To check your oven's temperature, place an oven thermometer at the center of the oven and set the oven to 350°. Check the temperature indicated on the thermometer after 20 minutes. If it's not within 5 degrees of 350, you'll need to adjust the oven's temperature control.

□ BREAD IS HEAVY AND COARSE

- There's too much liquid or not enough flour in dough. When mixing dough, start with a minimum amount of flour until the dough reaches desired consistency (soft, sticky, stiff or firm).
- Dough was allowed to rise for too long. Proper rising helps the development of the bread texture. Let dough rise in a warm (80° to 85°), draft-free area.
- Oven temperature was too low.

□ BREAD IS DRY AND CRUMBLY

- Too much flour was used.
- Dough was allowed to rise too long.

□ BREAD IS DOUGHY ON THE BOTTOM OR HAS A SLIGHTLY GUMMY TEXTURE

- Bread was underbaked. Test for doneness at the minimum recommended baking time. Bread is done when it's golden brown and sounds hollow when tapped on the bottom. Or insert an instant-read thermometer in the thickest part of the loaf. The bread is done when the thermometer reads 200°.
- Bread stayed in the pan too long after baking. Remove breads from pans and cool on wire racks. Let breads cool for at least 20 minutes before slicing. Use a serrated knife and a sawing motion when cutting.

□ LOAF SINKS IN THE CENTER

- Dough rose too long during the second rise time in the pan.

□ BREAD HAS LARGE HOLES

- Dough was not kneaded enough.
- Air was not compressed out of the dough during shaping.

□ BREAD CRUMBLES WHEN CUT

- Too much flour was used.
- Dough was kneaded too much or not enough.
- Dough was allowed to rise too long or not long enough.
- Oven temperature was too high.



MORE ONLINE:
Get more helpful tips on baking bread at tasteofhome.com/yeastbread

Baking Bits

- Use butter, stick margarine (with at least 80 percent oil) or shortening. Don't use light or whipped butter, diet spread or tub margarine.
- Use aluminum pans with a dull rather than shiny or dark finish. Glass dishes and dark finishes will produce darker crusts.
- To allow for good air circulation while baking, leave at least 1 inch of space between pans and the sides of the oven. ■

The Essentials

The **12 prize-winning recipes** in our contest will make you **fall in love** all over again with these exceptional **flavor boosters**



Grand Prize
\$500
Charlene Chambers
Ormond Beach, FL



first place
\$300
Donna Marie Ryan
TOPSFIELD, MA

second place
\$150
BONNIE LONG
LAKEWOOD, OH

third place
\$75
DIXIE TERRY
GOREVILLE, IL

A quest to jazz up dinnertime led Charlene Chambers (left) to create her prize-winning Champion Lamb Burgers.

"I was searching for an alternative to the usual beef burgers I was serving," says Charlene, of Ormond Beach, Florida. "My family loves lamb, so I built a burger recipe around it. It's been a favorite ever since."

This knock-your-socks-off burger isn't Charlene's first culinary coup. An avid cook and baker, she's already won quite a few recipe contests.

"My husband, Jere, is always happy to taste-test my concoctions," Charlene says. "I love trying new recipes and don't make a dish a second time unless he and I describe it as fabulous."

Their children, Nicole and Matthew, are grown and have families of their own, but Charlene still loves cooking for them when she can. "My son, a major in the Army, came to visit last November

before leaving for Afghanistan. I made him a huge Thanksgiving dinner, even though the actual holiday was a few weeks away. And I always look forward to cooking with our six grandchildren when we visit them in Tennessee and North Carolina."

When Charlene and Jere aren't visiting family, they're traveling the world. "We've been almost everywhere in Europe, the Caribbean islands and the United States. We're off to Alaska next. In fact, that's what my prize money is going toward."

No doubt about it, the food Charlene tries while exploring at home and abroad help inspire her blue-ribbon recipes. But the real secret to her culinary success lies in a true passion for cooking.

"I thrive on it," she says. "It's something I became good at with a lot of practice, which I got while feeding my best critics—my family."

YOU COULD BE NEXT! TURN to PAGE 64 TO ENTER OUR NEXT RECIPE CONTEST

ENTER OUR NEXT CONTEST

You Could Win \$500!

• GIFTS FROM THE KITCHEN

What better way to spread the joy of the season than with delicious, homemade gifts prepared with love? If you have a favorite recipe for wishing people on your list a merry Christmas, send it our way and you could win big!

Send us your favorite giftable recipes for:

- Dry mixes for cocoa, cookies, pancakes, soup, bars and more
- Muffins and breads
- Candied or seasoned nuts and snack mixes
- Cookies and bars that serve a bunch and stand up to packaging
- Homemade jams, jellies, beverages, sauces and dressings

Entry deadline is May 1, 2011

Winners will be announced in the December/January 2012 issue.

• MEATLESS MANIA

No meat? No matter! If you have a favorite dish that doesn't include beef, pork, seafood or poultry, send it in for your chance to win.

Send us your favorite meatless recipes for:

- Entrees with protein from eggs, beans, cheese, lentils or tofu
- Sides and salads, such as veggies, pasta, rice and quinoa
- Breakfast bakes, stratas and more
- Soups, stews, chilis and stir-fries
- Veggie burgers, lasagna and the like

Entry deadline is July 14, 2011

Winners will be announced in the February/March 2012 issue.



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August/September 2003

Crispy Onion Chicken

"My family loves chicken, and I'm always trying new ways to prepare it. This golden-brown chicken with its crunchy french-fried onion coating is great with rice, baked potatoes, macaroni salad or potato salad."

—CHARLOTTE SMITH MCDONALD, PENNSYLVANIA

PREP: 10 MIN. • **BAKE:** 30 MIN.
YIELD: 4 SERVINGS

- $\frac{1}{2}$ cup butter, melted
- 1 tablespoon Worcestershire sauce
- 1 teaspoon ground mustard
- $\frac{1}{2}$ teaspoon garlic salt
- $\frac{1}{4}$ teaspoon pepper
- 1 can (6 ounces) cheddar or original french-fried onions, crushed
- 4 boneless skinless chicken breast halves

1. In a shallow bowl, combine the butter, Worcestershire sauce, mustard, garlic salt and pepper. In another shallow bowl, add $\frac{1}{2}$ cup fried onions. Dip chicken in the butter mixture, then coat with onions.

2. Place in a greased 9-in. square baking pan. Top with remaining onions; drizzle with any remaining butter mixture. Bake, uncovered, at 350° for 30-35 minutes or until chicken juices run clear.

*Visit **tasteofhome.com** and add this recipe to your personal recipe box. It's easy. Simply register, create your profile and start saving your favorites!

GRAND PRIZE WINNER Champion Lamb Burgers

CHARLENE CHAMBERS ORMOND BEACH, FLORIDA

"This recipe is a wonderful alternative to beef burgers. The rosemary onions make it especially delicious. It's so good, I serve it all year long."



FIRST PLACE Savory Cocktail Scones

DONNA MARIE RYAN TOPSFIELD, MASSACHUSETTS

"Scones are comfort food to me, and I wanted to make a savory version with roasted garlic butter. The addition of bacon seemed natural. Their cocktail size makes them fun; they also work for a brunch buffet."



SECOND PLACE French Onion Pizza au Gratin

BONNIE LONG LAKEWOOD, OHIO

"I love a hot bowl of French onion soup and am also a fan of pizza after busy workdays. This recipe combines classic onion soup ingredients with everyday pizza staples."



THIRD PLACE Glazed Pearl Onions

DIXIE TERRY GOREVILLE, ILLINOIS **FE**

"These onions were served at a restaurant I visited in Florida, and the chef's assistant shared the recipe with me. They make a unique side to many entrees."



Savory Cocktail Scones

PREP: 55 MIN. • **BAKE:** 15 MIN. • **YIELD:** 16 SERVINGS

- 1 whole garlic bulb
 - 2 tsp. olive oil
 - ½ cup butter, softened
- SCONES:**
- 2 bacon strips, chopped
 - ⅓ cup chopped onion
 - 2 cups all-purpose flour
 - 3 tsp. baking powder
 - ½ tsp. baking soda
 - ½ tsp. salt
 - ½ cup cold butter
 - 1 egg
 - ½ cup sherry
 - ⅓ cup heavy whipping cream
 - ¼ cup 2% milk

1. Remove papery outer skin from garlic (do not peel or separate cloves). Cut top off garlic bulb. Brush with oil. Wrap bulb in heavy-duty foil. Bake at 400° for 40-45 minutes or until softened. Cool for 10-15 minutes. Squeeze softened garlic into a small bowl; mash with fork. Stir in butter; set aside.
2. In a small skillet, cook bacon over medium heat until crisp. Remove to paper towels with a slotted spoon; drain, reserving 1 Tbsp. drippings. In same skillet, cook and stir onion in the drippings until softened. Reduce heat to medium-low; cook, stirring occasionally, for 30 minutes or until deep golden brown. Set aside.
3. In a bowl, combine flour, baking powder, baking soda and salt. Cut in butter until mixture resembles coarse crumbs. Whisk egg, sherry and cream; stir into crumb mixture just until moistened. Fold in onion and bacon.
4. Turn onto a floured surface; knead 10 times. Pat into a 10-in. x 5-in. rectangle. Using a floured knife, cut into eight 2½-in. squares; cut each square diagonally in half.
5. Place on a parchment paper-lined baking sheet; brush with milk. Bake at 400° for 12-15 minutes or until golden brown. Serve warm with butter.

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Glazed Pearl Onions

PREP/TOTAL TIME: 15 MIN. • **YIELD:** 6 SERVINGS

- 1 pkg. (16 oz.) frozen pearl onions, thawed
- 2 Tbsp. butter
- 2 Tbsp. plus 1½ tsp. brown sugar
- 1 Tbsp. Dijon mustard
- 2 Tbsp. minced fresh parsley

1. In a large skillet, saute onions in butter until tender. Add brown sugar and mustard; cook 2 minutes longer. Sprinkle with parsley.

Tip: To use fresh pearl onions in this recipe, cook them in boiling water for 2 minutes. Drain and plunge into ice water; pinch the root end and the peel will easily slip off. Continue recipe as directed.

Champion Lamb Burgers

PREP/TOTAL TIME: 25 MIN. • **YIELD:** 6 SERVINGS

- 2 large red onions, thinly sliced
- 2 tsp. olive oil
- 1 Tbsp. red wine vinegar
- 2 tsp. minced fresh rosemary
- 1½ tsp. sugar
- 1 tsp. stone-ground mustard
- ¼ tsp. salt
- ¼ tsp. pepper

BURGERS:

- 2 lbs. ground lamb
- 2 garlic cloves, minced
- 1 tsp. salt
- ¼ tsp. pepper
- 6 pita pocket halves
- 2 Tbsp. olive oil
- 1½ cups spring mix salad greens

1. In a large skillet, saute onions in oil until tender. Add the vinegar, rosemary, sugar, mustard, salt and pepper; cook 5 minutes longer. Keep warm.
2. Crumble lamb into a large bowl; sprinkle with garlic, salt and pepper and mix well. Shape into six patties. Grill burgers, covered, over medium heat or broil 4 in. from the heat for 4-6 minutes on each side or until a meat thermometer reads 160° and juices run clear.
3. Brush pita pockets with oil; lightly grill on both sides. Serve burgers in pita pockets with lettuce and onions.

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French Onion Pizza au Gratin

PREP: 30 MIN. • **BAKE:** 10 MIN. • **YIELD:** 8 SLICES

- 1 large onion, sliced
- 2 Tbsp. brown sugar
- 2 Tbsp. olive oil, divided
- 3 Tbsp. balsamic vinegar
- 3 garlic cloves, minced
- 1 Tbsp. bourbon, optional
- 1 cup sliced fresh mushrooms
- ¼ lb. thickly sliced deli roast beef, coarsely chopped
- 1 prebaked 12-in. pizza crust
- ¾ cup French onion dip
- ¾ cup shredded part-skim mozzarella cheese
- 1 medium sweet red pepper, chopped
- ¾ cup shredded Gruyere or Swiss cheese
- 1 tsp. minced fresh rosemary

1. In a large skillet, saute onion with brown sugar in 1 Tbsp. oil until softened. Reduce heat to medium-low; cook, stirring occasionally, for 30 minutes or until deep golden brown. Stir in vinegar and garlic. Remove from the heat; add bourbon if desired. Continue cooking until liquid is nearly evaporated.
2. In another skillet, saute the mushrooms in remaining oil until tender; add roast beef and heat through.
3. Place crust on a pizza pan; spread with French onion dip. Sprinkle with mozzarella cheese, onion mixture, red pepper, mushroom mixture and Gruyere cheese.
4. Bake for 10-15 minutes or until cheese is melted. Sprinkle with rosemary.

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Rustic Fig, Onion & Pear Tart

TINA MACKISSOCK MANCHESTER, NEW HAMPSHIRE

"This recipe was one of my first creations, and it combines flavors I love. They work together well and are perfectly suited for the rustic crust. I've served this as a side dish and a dessert."



Crouton-Topped Garlic Soup

CAROLYN KUMPE EL DORADO, CALIFORNIA

"Pan roasting the garlic gives this soup a rich flavor, while a touch of cream lends body. The herbed croutons enhance the soup's taste and add texture, but it's the freshly grated cheese that make this dish taste like heaven!"



Marsala Pork Chops

JAN HUNTINGTON PAINESVILLE, OHIO

"My dear friend served this to my husband and me, knowing that we enjoy onions and garlic. After receiving our many compliments, she was kind of enough to share the recipe."



Blue Cheese-Onion Steak Bites

JO-ELLEN NEIL ARROYO GRANDE, CALIFORNIA

"I love the flavor pairing of blue cheese and steak. Adding garlic and onion make it even better. This is a hearty appetizer for parties or a great light lunch."



Crouton-Topped Garlic Soup

PREP: 20 MIN. • **COOK:** 1 HOUR • **YIELD:** 4 SERVINGS

- 20 garlic cloves, peeled
- 1 Tbsp. olive oil
- 2 large onions, halved and sliced
- 2 Tbsp. butter
- 2½ cups reduced-sodium chicken broth
- 1 Tbsp. minced fresh thyme or 1 tsp. dried thyme
- 1 bay leaf
- 1 cup heavy whipping cream

CROUTONS:

- 2 cups cubed sourdough bread, crusts removed
- 2 Tbsp. olive oil
- 1 tsp. minced fresh rosemary or ¼ tsp. dried rosemary, crushed
- ¼ tsp. salt
- ⅛ tsp. pepper

TOPPINGS:

- ½ cup shredded Gruyere or Swiss cheese
- 2 Tbsp. minced fresh parsley

1. In a small skillet, cook garlic in oil over low heat for 3-5 minutes or until golden brown. Remove from heat; set aside.
2. In a Dutch oven over medium-high heat, cook onions in butter until softened. Reduce heat to medium-low; cook, stirring occasionally, for 30 minutes or until deep golden brown. Add the broth, thyme, bay leaf and reserved garlic. Bring to a boil. Reduce heat; cover and simmer for 20 minutes to allow flavors to blend. Stir in cream; heat through. Discard bay leaf.
3. For croutons, place bread in a small bowl. Combine the oil, rosemary, salt and pepper; drizzle over bread and toss to coat. Place in an ungreased 15-in. x 10-in. x 1-in. baking pan. Bake at 400° for 15-20 minutes or until golden brown, stirring occasionally.
4. Divide soup among four bowls. Top with croutons, cheese and parsley.

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Blue Cheese-Onion Steak Bites

PREP: 15 MIN. • **COOK:** 35 MIN. • **YIELD:** 4 DOZEN

- 3 large onions, thinly sliced into rings
- 12 garlic cloves, minced
- 3 Tbsp. butter
- 4 beef tenderloin steaks (6 oz. each)
- ¼ tsp. salt
- ¼ tsp. pepper
- 1 loaf (10½ oz.) French bread baguette, cut into ¼-in. slices

SPREAD:

- 4 oz. cream cheese, softened
- 1 cup (4 oz.) crumbled blue cheese
- ⅞ tsp. salt
- ⅞ tsp. pepper

1. In a large skillet, saute onions and garlic in butter until softened. Reduce heat to medium-low; cook, stirring occasionally, for 30 minutes or until golden brown.
2. Meanwhile, sprinkle beef with salt and pepper. Using long-handled tongs, moisten a paper towel with cooking oil and lightly coat the grill rack.
3. Grill steaks, covered, over medium heat or broil 4 in. from the heat for 5-7 minutes on each side or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145°; medium, 160°; well-done, 170°). Cut into thin slices.
4. Place bread on ungreased baking sheets. Bake at 400° for 4-6 minutes or until lightly browned.
5. Meanwhile, place the cream cheese, blue cheese, salt and pepper in a food processor; cover and process until blended. Spread each bread slice with 1 tsp. cheese mixture; top with steak and onions.

Rustic Fig, Onion & Pear Tart

PREP: 50 MIN. • **BAKE:** 15 MIN. • **YIELD:** 12 SERVINGS

- 3 large sweet onions, halved and thinly sliced
- 3 medium pears, peeled and sliced
- 4½ tsp. olive oil
- 4½ tsp. butter
- 1 cup fig preserves
- 1 Tbsp. plus 1 tsp. cider vinegar
- ⅓ tsp. salt
- 1 sheet refrigerated pie pastry
- ⅓ tsp. pepper
- 1 egg, beaten

1. In a large skillet, saute onions and pears in oil and butter until softened. Reduce heat to medium-low; cook, stirring occasionally, for 30 minutes or until deep golden brown.
2. Add the preserves, vinegar and salt. Bring to a boil; cook for 5 minutes or until thickened. Cool slightly.
3. Place half of onion mixture in a food processor; cover and process until pureed. Set remaining onion mixture aside.
4. Place pie pastry on a greased 12-in. pizza pan. Spoon pureed onion mixture over the pastry to within 2 in. of edges; sprinkle with pepper. Top with reserved onion mixture. Fold up edges of pastry over filling, leaving center uncovered. Brush edges of tart with egg.
5. Bake at 450° for 15-20 minutes or until crust is golden and filling is bubbly.

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Marsala Pork Chops

PREP: 15 MIN. • **COOK:** 20 MIN. • **YIELD:** 4 SERVINGS

- ½ cup seasoned bread crumbs
- 4 bone-in center-cut pork loin chops (6 oz. each)
- 3 Tbsp. olive oil, divided
- 3 medium onions, thinly sliced
- 6 garlic cloves, minced
- ½ cup white wine or chicken broth
- 1 Tbsp. marsala wine or chicken broth
- ¼ tsp. pepper
- ⅓ tsp. salt
- ¼ cup cold butter, cubed
- Hot cooked egg noodles

1. Place bread crumbs in a large resealable plastic bag. Add pork chops, one at a time, and shake to coat. In a large skillet, cook chops in 2 Tbsp. oil over medium heat for 4-6 minutes on each side or until a meat thermometer reads 160°. Remove and keep warm.
2. In the same skillet, saute onions in remaining oil until tender. Add garlic; cook 2 minutes longer. Add the white wine, marsala, pepper and salt, stirring to loosen browned bits from pan. Cook, stirring occasionally, until liquid is nearly evaporated. Stir in butter until melted. Serve with pork chops and noodles.

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Lick-the-Bowl-Clean Hummus

SARAH GILBERT BEAVERTON, OREGON

"Everyone loves hummus, but I enjoy the garlic and onion types so much that I decided to let them shine in this homemade version. I get so many compliments when I serve it!"



Saucy Garlic Chicken

JOANNA JOHNSON FLOWER MOUND, TEXAS

"Roasted garlic lends a rich flavor to this appetizing entree, and it complements the spinach nicely. Ideal for entertaining, the recipe can be assembled in advance and popped in the oven when guests arrive."



Italian Stuffed Portobellos

JEANNE HOLT SAINT PAUL, MINNESOTA

"Golden, caramelized onions and creamy roasted garlic are an ideal match for the flavors in this recipe. It's like a quick transport to a ristorante in Rome. For a bit of heat, add red pepper flakes while sauteing the onions."



Crispy Pub Rings

JENNIFER RODRIGUEZ WEST JORDAN, UTAH

"I created this recipe for a beer-tasting party we hosted (my husband brews his own), and they were a hit. Serve them when you entertain or on those nights when you want homemade 'take-out' food."



Saucy Garlic Chicken

PREP: 40 MIN. + COOLING • **BAKE:** 35 MIN. • **YIELD:** 6 SERVINGS

- 4 whole garlic bulbs
 - 2 Tbsp. olive oil, divided
 - 1 pkg. (9 oz.) fresh baby spinach
 - ¾ tsp. salt, divided
 - ½ tsp. coarsely ground pepper, divided
 - 6 boneless skinless chicken breast halves (6 oz. each)
 - 6 Tbsp. butter, cubed
 - 6 Tbsp. all-purpose flour
 - 3 cups 2% milk
 - 2½ cups grated Parmesan cheese, divided
 - ⅛ tsp. nutmeg
 - Hot cooked pasta
 - Chopped tomato and minced fresh parsley, optional
1. Remove papery outer skin from garlic (do not peel or separate cloves). Cut tops off of garlic bulbs; brush bulbs with 1 Tbsp. oil. Wrap each bulb in heavy-duty foil. Bake at 425° for 30-35 minutes or until softened. Cool for 10-15 minutes.
 2. Meanwhile, place spinach in a greased 13-in. x 9-in. baking dish; sprinkle with ¼ tsp. each of salt and pepper. In a large skillet, brown chicken in remaining oil on both sides; place over spinach.
 3. In a large saucepan, melt butter. Stir in flour until smooth; gradually add milk. Bring to a boil; cook and stir for 1-2 minutes or until thickened. Stir in 2 cups cheese, nutmeg and remaining salt and pepper. Transfer to a blender; squeeze softened garlic into blender. Cover and process until smooth. Pour mixture over chicken.
 4. Cover and bake for 30-35 minutes or until a meat thermometer reads 160° and sauce is bubbly. Uncover; sprinkle with remaining cheese. Bake 5 minutes longer. Serve with pasta. Sprinkle with tomato and parsley if desired.

TASTE OF HOME.COM • February/March 2011

Crispy Pub Rings

PREP: 40 MIN. • **COOK:** 5 MIN. • **YIELD:** 4 SERVINGS

- ½ cup sour cream
 - ½ cup mayonnaise
 - ½ cup crumbled blue cheese
 - 2 green onions, finely chopped
 - 1 Tbsp. dried parsley flakes
 - 1 garlic clove, minced
 - ½ tsp. hot pepper sauce
 - ¼ tsp. garlic salt
- 1 tsp. seasoned salt
 - 1 large sweet onion, sliced and separated into rings
 - Oil for deep-fat frying
- 1.** In a small bowl, combine the first eight ingredients; chill until serving.
- 2.** In a large shallow bowl, whisk the egg, milk, pepper sauce and minced garlic. In a third bowl, combine the bread crumbs, garlic powder and seasoned salt. Coat onions in flour mixture, dip in egg mixture, then roll in crumbs.
- 3.** In a deep fryer or electric skillet, heat oil to 375°. Drop onion rings, a few at a time, into hot oil. Fry for 2-3 minutes or until golden brown. Drain on paper towels. Serve with sauce.
- RINGS:**
- 1¼ cups all-purpose flour
 - 1 tsp. salt
 - 1 tsp. baking powder
 - 1 egg
 - 1 cup 2% milk
 - 1½ tsp. hot pepper sauce
 - 1 garlic clove, minced
 - ¾ cup dry bread crumbs
 - 1 tsp. garlic powder

Lick-the-Bowl-Clean Hummus

PREP: 10 MIN. • **COOK:** 35 MIN. • **YIELD:** 2½ CUPS

- 2 large sweet onions, thinly sliced
 - ¼ cup plus ½ cup olive oil, divided
 - 1 can (15 oz.) garbanzo beans or chickpeas, rinsed and drained
 - ¼ cup plus 2 Tbsp. lemon juice
 - ¼ cup tahini
 - 4 garlic cloves, minced
 - ½ tsp. salt
 - ½ tsp. pepper
 - Baked pita chips or assorted fresh vegetables
1. In a large skillet, saute onions in ¼ cup oil until softened. Reduce heat to medium-low; cook, stirring occasionally, for 30 minutes or until deep golden brown.
 2. Transfer to a food processor; add the beans, lemon juice, tahini, garlic, salt, pepper and remaining oil. Cover and process for 30 seconds or until smooth. Serve with chips.

Tip: Switch things up by substituting a can of cannellini or black beans for the garbanzo beans.

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Italian Stuffed Portobellos

PREP: 1 HOUR • **BAKE:** 10 MIN. • **YIELD:** 4 SERVINGS

- 4 oz. sliced pancetta or bacon strips, finely chopped
 - 1 Tbsp. plus 1 tsp. olive oil, divided
 - 4 cups sliced onions
 - 2 Tbsp. finely chopped oil-packed sun-dried tomatoes
 - ¼ tsp. salt
 - ½ tsp. pepper
 - 1 whole garlic bulb
 - 3 Tbsp. crumbled goat cheese
1. In a large skillet over medium heat, cook pancetta in 1 Tbsp. oil until crisp. Remove to paper towels with a slotted spoon; set aside.
 2. In the same skillet, cook and stir onions until softened. Reduce heat to medium-low; cook, stirring occasionally, for 30 minutes or until golden brown. Stir in the sun-dried tomatoes, salt, pepper and pancetta. Remove from the heat.
 3. Remove papery outer skin from garlic (do not peel or separate cloves). Cut top off of garlic bulb. Brush with remaining oil. Wrap bulb in heavy-duty foil. Bake at 425° for 30-35 minutes or until softened. Cool for 10-15 minutes. Squeeze softened garlic into a small bowl; stir in goat cheese and onions.
 4. Brush mushrooms with oil. Grill, covered, over medium heat or broil 4 in. from the heat for 6-8 minutes on each side or until tender. Fill mushrooms with onion mixture. Sprinkle with cheeses.
 5. Place on a greased baking sheet. Bake at 375° for 8-10 minutes or until cheese is melted. Sprinkle with basil. ■
- PIZZAS:**
- 4 large portobello mushrooms
 - 2 Tbsp. olive oil
 - ½ cup shredded part-skim mozzarella cheese
 - 3 Tbsp. shredded Parmesan cheese
 - 1 Tbsp. minced fresh basil or 1 tsp. dried basil

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close to home

CELEBRATING the PEOPLE around the *Taste of Home* table



Handwritten from the **Heart**

By Judy Batson **FE**

When I moved 10 years ago, it seemed the right time to get rid of tons of books I had been hauling around with me all over the world. I loaded up the back of my old Buick station wagon with books that had belonged to my parents and grandparents. I held out on a few—some historical narratives, a few classic novels. And at the last minute, I put aside some old cookbooks that were literally falling apart. Telling myself that one day I would repair those books, I put them in a box on a closet shelf in my new home and, of course, forgot all about them.

Last year, I decided to clean out some closets and came across the box of books. The first book I chose to repair was a 1943 edition of *Joy of Cooking*, which had belonged to my mother-in-law. The covers had come

loose from the binding. Some of the pages were falling out, and a few were breaking off at the edges.

Going through the pages, I found some handwritten recipes on scraps of paper, and clippings from magazines and newspapers. Then, I came across four folded pieces of paper that made my heart almost stop beating.

The handwriting belonged to my son, Will, who died in 1994 at the age of 34 as the result of a tragic accident. As I read what he had written, I began to recognize the recipe and directions for his favorite meal—a chicken, vegetable and rice casserole I used to prepare for our family at least twice a month. On the last page were my own scribbled notes showing measurements and directions. I had no idea that he had found my notes, transcribed them into a meaningful recipe in his own handwriting, typed them out on our old Selectric II and enclosed them inside that old cookbook.

Now, when I fix that meal, Will is right there beside me as I follow his typed directions. To make this recipe more memorable, he added his own ingredient—his love. ■

Judy is a Field Editor in Tampa, Florida.



Nena Linares with great-grandson Kasie

Cooking to a Cuban Beat

A **Havana-born mom** isn't afraid to **mix it up** in the kitchen. But her **classic Cuban dishes** remain closest to her heart

By Marina Castle 



My mother, Nena Linares, wanted to be a journalist and write about the world and its many cuisines. But love got in the way; she got married and became a homemaker instead.

She may not have had the chance to write about food, but my mom has had plenty of opportunities to prepare it. When my brother, Rick, and I were growing up, she made breakfast, lunch and dinner, plus snacks 24/7. There was always something ready in the fridge or on the stove for us to eat. And everything was from scratch.

The food she put on the table was a mouthwatering blend of cultures. Mom, who lives in Los Angeles, was born in Cuba; her parents were transplants from Spain. Early on, she learned the basics of French and Spanish cooking from her grandmother. Her mother-in-law showed her how to make authentic Cuban food, and our Sicilian stepdad, Fred, taught her the Italian classics.

We couldn't get enough of Mom's fluffy steamed white rice, which she made every day. I loved it topped with a velvety ocean of black beans. Mom made the best black beans I've ever tasted, and I've had many

variations. But my favorite of favorites is still her Papas Rellenas. A friend described them best: "They're like shepherd's pie rolled into a ball." You'll find her recipes for both these dishes here, along with a wonderful salad and rice pudding to round out the meal.

When Mom and Fred were entertaining, she would feed my brother and me early, and we'd go to our rooms to read or watch TV. Now and then, she'd pop in with some goodies. Rick and I couldn't resist taking a peek at the grown-up party. I loved watching mom dance in her beautiful party dresses and heels. In fact, she was always dressed up. She once told me that a young woman needed to be at her best, whether she was at home cooking and cleaning, or out with friends.

Both Mom and my stepdad shared their cooking skills with me, and I have passed them on to my children. I often make her steamed rice and, on special occasions, her wonderful black beans and Papas Rellenas. I hope you'll try her recipes—and maybe do a rumba or two.

.....
Marina is a Field Editor in North Hollywood, California

Nena's Papas Rellenas

A Cuban classic, these satisfying, crispy-coated potato balls are filled with a savory ground beef mixture known as *picadillo*.

—NENA LINARES LOS ANGELES

PREP: 45 MIN. • **COOK:** 5 MIN./BATCH
YIELD: 2½ DOZEN

- 2½ lbs. potatoes (about 8 medium),
peeled and cut into wedges
- 1 lb. lean ground beef (90% lean)
- 1 small green pepper,
finely chopped
- 1 small onion, finely chopped
- ½ cup tomato sauce
- ½ cup sliced green olives
with pimientos
- ½ cup raisins
- 1¼ tsp. salt, divided
- 1¼ tsp. pepper, divided
- ½ tsp. paprika
- 1 tsp. garlic powder
- 2 eggs, beaten
- 1 cup seasoned bread crumbs
- Oil for deep-fat frying

1. Place potatoes in a large saucepan and cover with water. Bring to a boil. Reduce heat; cover and cook for 15-20 minutes or until tender.
2. Meanwhile, in a large skillet, cook the beef, green pepper and onion over medium heat until meat is no longer pink; drain. Stir in the tomato sauce, olives, raisins, ¼ tsp. salt, ¼ tsp. pepper and paprika; heat through.
3. Drain potatoes; mash with garlic powder and remaining salt and pepper. Shape 2 Tbsp. potatoes into a patty; place a heaping tablespoonful of filling in the center. Shape potatoes around filling, forming a ball. Repeat.
4. Place eggs and bread crumbs in separate shallow bowls. Dip potato balls in the eggs, then roll in bread crumbs. In an electric skillet or deep fryer, heat oil to 375°. Fry potato balls, a few at a time, for 1-2 minutes or until golden brown. Drain on paper towels.

Editor's Note: *Instead of frying the Papas Rellenas, you can place them on baking sheets and bake at 450° for 20 minutes or until heated through.*



➔ More recipes on page 74

**MOM'S
TIP**

"Mom would lightly boil the potatoes for her Papas Rellenas and mash them without butter or milk," says Marina. "So the balls would not break apart, she would cook the savory ground beef and let it cool before shaping the potatoes around the filling."



Cuban Black Beans

This hearty side dish starts with a *sofrito*, a combination of finely minced onions and green peppers. The tomato puree and sherry give the beans a distinctive flavor. —NENA LINARES LOS ANGELES

PREP: 20 MIN. + SOAKING • **COOK:** 1¼ HOURS • **YIELD:** 9 SERVINGS

- 2 cups dried black beans, rinsed
 - 1 bay leaf
 - 3 medium green peppers, chopped
 - 2 medium onions, chopped
 - ½ cup olive oil
 - 6 garlic cloves, minced
 - 1 can (15 oz.) tomato puree
 - ½ cup sherry or chicken broth
 - 2 Tbsp. sugar
 - ¾ tsp. salt
1. Soak beans according to package directions.
 2. Drain and rinse beans, discarding liquid. Place beans in a large saucepan; add 6 cups water and bay leaf. Bring to a boil. Reduce heat; cover and simmer for 1½ to 2 hours or until tender.
 3. Meanwhile, in a large skillet, saute peppers and onions in oil until tender. Add garlic; cook 1 minute longer. Stir in the tomato puree, sherry, sugar and salt. Bring to a boil. Reduce heat; simmer, uncovered, for 8-10 minutes or until thickened. Drain beans; discard bay leaf. Stir beans into tomato mixture.



No-Fuss Avocado Onion Salad

"My mother could take a simple salad and make it incredibly delicious—like this one, which is a favorite of mine," says daughter Marina. —NENA LINARES LOS ANGELES

PREP/TOTAL TIME: 20 MIN.
YIELD: 12 SERVINGS

- 3 medium ripe avocados, peeled and thinly sliced
 - 1 large sweet onion, halved and thinly sliced
 - ½ cup olive oil
 - ¼ cup stone-ground mustard
 - 2 Tbsp. lemon juice
 - 1 Tbsp. honey
1. Arrange avocados and onion on a large platter. Combine the remaining ingredients; drizzle over vegetables. Serve immediately.

Recall Your Mom's Best?
Send us at least four recipes and background information on your mom to editors@tasteofhome.com. If we feature your mom, you'll earn \$100.



Arroz Con Leche (Rice Pudding)

Sweet and simple, this creamy dessert is real comfort food in any language. You'll love the warm raisin and cinnamon flavors. It's great served cold, too.

—NENA LINARES LOS ANGELES

PREP: 5 MIN. • **COOK:** 30 MIN.
YIELD: 4 SERVINGS

- 1½ cups water
 - ½ cup uncooked long grain rice
 - 1 cinnamon stick (3 in.)
 - 1 cup sweetened condensed milk
 - 3 Tbsp. raisins
1. In a small saucepan, combine the water, rice and cinnamon. Bring to a boil. Reduce heat; simmer, uncovered, for 15-20 minutes or until water is absorbed.
 2. Stir in milk and raisins. Bring to a boil. Reduce heat; simmer, uncovered, for 10-15 minutes or until thick and creamy, stirring frequently. Discard cinnamon. Serve warm or cold. ■

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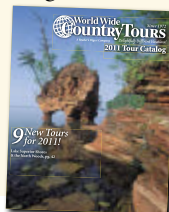
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Cooking Therapy

A journey of healing passed squarely through this **Field Editor's kitchen**

By Traci Wynne **FE**

When I was growing up, my family spent most Sundays at my grandparents' house, having supper around their big dining room table. Grandma was an amazing cook, and the aromas that came out of her kitchen were so mouthwatering that it was hard to wait for dinner.

Those memories made such an impact on me that I wanted to cook, too. My mother, who's also a wonderful cook, tried to teach me, but she doesn't use recipes. So I ended up buying a gazillion cookbooks to figure out how to make the foods I enjoy. Eventually, I began experimenting and coming up with my own recipes.

Then an accident left me permanently disabled. I will always walk with a cane or crutches, depending on how I'm doing. After years of physical therapy and other treatments, I found that returning to the kitchen was one of the most beneficial remedies for my body and spirit.

Because I can't bend down to put food into the oven or lift heavy pots and dishes, I had to rely on the assistance of my wonderful parents, who have always been there for me. Recently, I married my husband, Michael, who's a huge help as well.

I also turned to appliances that make cooking easier, such as my pressure cooker. I got interested in pressure cooking because of my mother's beef stew. The meat would be so tender that it just fell apart. Pressure cookers not only tenderize, they cook fast—and the steam seals in nutrients. I was afraid of pressure cookers when I was little, but they've come a long way in safety and are much easier to use now. I can fill one on the counter instead of having to get help to use the oven.

Cooking is much more than therapy—it is my passion. I feel at peace when I'm able to do it. And making someone smile with something I've created is the cherry on top.

Traci lives in Denver, Pennsylvania, with her husband, Michael, who is an operating room nurse in the U.S. Army Medical Corps. They knew each other in high school but didn't meet up again until a reunion. They've been together ever since.



Honey-of-a-Meal Chicken

TRACI WYNNE DENVER, PENNSYLVANIA

"Michael is a big fan of honey mustard, so I like to make extra chicken and slice it up for sandwiches the next day. I've also shredded the chicken to serve on sub rolls."



Southwest Beef Brisket

TRACI WYNNE DENVER, PENNSYLVANIA

"This is a big favorite, especially for get-togethers on game day. I like to serve it on rolls with three-bean salad and potato or macaroni salad. But you can also serve it over rice. I even like it cold."



25-Minute Turkey Chili

TRACI WYNNE DENVER, PENNSYLVANIA

"This is a nice change of pace from traditional beef chili, offering a whole different set of flavors to enjoy. I like to serve cheddar cheese bread on the side. You can also serve the chili over rice."



Presto Mexican Peppers

TRACI WYNNE DENVER, PENNSYLVANIA

Traditional stuffed peppers get a Southwestern twist! "The filling also makes a delicious meat loaf that we even like cold as a sandwich with Mexican-blend or cheddar cheese, mayo and salsa."



Southwest Beef Brisket

PREP: 25 MIN. + MARINATING • **COOK:** 55 MIN. • **YIELD:** 8 SERVINGS

- 1 fresh beef brisket (3 lbs.)
- 1 small onion, finely chopped
- 1 serrano pepper, seeded and minced
- 4 tsp. brown sugar
- 1 Tbsp. chili powder
- 1 Tbsp. cider vinegar
- 2 garlic cloves, minced
- ½ tsp. salt
- ½ tsp. ground cumin
- 4 tsp. canola oil
- 2½ cups water
- 2 cans (10 oz. each) diced tomatoes and green chilies
- 1 medium onion, sliced

1. Cut brisket in half. In a large resealable plastic bag, combine the chopped onion, serrano pepper, brown sugar, chili powder, vinegar, garlic, salt and cumin. Add the brisket; seal bag and turn to coat. Refrigerate overnight.
2. In a pressure cooker, brown brisket in oil on all sides. Add the water, tomatoes and sliced onion. Close cover securely according to manufacturer's directions.
3. Bring cooker to full pressure over high heat. Reduce heat to medium-high and cook for 55 minutes. (Pressure regulator should maintain a slow steady rocking motion or release of steam; adjust heat if needed.)
4. Remove from the heat; allow pressure to drop on its own. Remove the beef to a platter; serve with the tomato mixture.

Editor's Note: Use fresh beef brisket, not corned beef. When cutting hot peppers, disposable gloves are recommended. Avoid touching your face.

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Honey-of-a-Meal Chicken

PREP/TOTAL TIME: 30 MIN. • **YIELD:** 4 SERVINGS

- 4 bone-in chicken breast halves, skin removed (8 oz. each)
 - 2 Tbsp. olive oil
 - 1 medium onion, finely chopped
 - 1 cup chicken broth
 - 2 Tbsp. spicy brown mustard
 - ½ tsp. pepper
 - 2 Tbsp. honey
1. In a pressure cooker, brown chicken breasts in oil in batches. Set chicken aside. Sauté onion in the drippings until tender. Stir in the broth, mustard and pepper. Return chicken to the pan. Close cover securely according to manufacturer's directions.
 2. Bring cooker to full pressure over high heat. Reduce heat to medium-high and cook for 8 minutes. (Pressure regulator should maintain a slow steady rocking motion or release of steam; adjust heat if needed.) Immediately cool according to manufacturer's directions until pressure is completely reduced. Remove chicken and keep warm.
 3. Stir honey into sauce. Bring to a boil. Reduce heat; simmer, uncovered, for 8-10 minutes or until thickened. Serve with chicken.

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Presto Mexican Peppers

PREP/TOTAL TIME: 30 MIN. • **YIELD:** 4 SERVINGS

- 4 medium green, sweet red, orange and/or yellow peppers
- 1 egg, beaten
- 1 cup salsa
- 1½ cups crushed tortilla chips
- 1 medium onion, chopped
- ½ cup minced fresh cilantro
- 1 red chili pepper, seeded and finely chopped
- 3 garlic cloves, minced
- 2 tsp. ground cumin
- 1 lb. lean ground beef (90% lean)
- ½ cup shredded Mexican cheese blend
- Sour cream and additional salsa, optional

1. Cut tops off of peppers and remove seeds. In a large bowl, combine the egg, salsa, chips, onion, cilantro, chili pepper, garlic and cumin. Crumble beef over mixture and mix well; spoon into peppers.
2. Pour 1½ cups water into pressure cooker. Place peppers on steamer tray in pressure cooker; top with a piece of foil. Close cover securely according to manufacturer's directions.
3. Bring cooker to full pressure over high heat. Reduce heat to medium-high and cook for 10 minutes. (Pressure regulator should maintain a slow steady rocking motion or release of steam; adjust heat if needed.) Remove from the heat; immediately cool according to manufacturer's directions until pressure is completely reduced.
4. Sprinkle peppers with cheese. Serve with sour cream and additional salsa if desired.

Editor's Note: When cutting hot peppers, disposable gloves are recommended. Avoid touching your face.

25-Minute Turkey Chili

PREP/TOTAL TIME: 25 MIN. • **YIELD:** 8 SERVINGS

- 1¼ lbs. ground turkey
- 1 can (16 oz.) kidney beans, rinsed and drained
- 1 can (15 oz.) black beans, rinsed and drained
- 1 can (14½ oz.) Mexican stewed tomatoes, undrained
- 1 can (8 oz.) tomato sauce
- 1 small sweet red pepper, finely chopped
- 1 small onion, chopped
- ½ cup beef broth
- 1 jalapeno pepper, seeded and minced
- 2 Tbsp. chili powder
- ½ tsp. salt
- ¼ tsp. pepper

1. Crumble turkey into a pressure cooker. Add remaining ingredients; stir to combine.
2. Close cover securely according to manufacturer's directions. Bring cooker to full pressure over high heat. Reduce heat to medium-high and cook for 5 minutes. (Pressure regulator should maintain a slow steady rocking motion or release of steam; adjust heat if needed.)
3. Immediately cool according to manufacturer's directions until pressure is completely reduced. Stir chili. ■

Editor's Note: When cutting hot peppers, disposable gloves are recommended. Avoid touching your face.

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Clockwise from far left: Nancy and Vickie share a food sample; turnips and ginger from the pantry; Vickie chats with a Haven visitor; a volunteer stocks the shelves.



"I noticed folks bypassing the fresh vegetables and fruit in our food pantry, saying they didn't know what they were or how to prepare them," says Nancy, the Haven's resource coordinator since 2008.

From that observation, an idea was born. "I dreamed of teaching people to prepare simple, produce-filled recipes 5 days a week," Nancy says. "I wanted to give them a sample, a recipe and all the ingredients they'd need to prepare it themselves."

Soon, with help from friends and volunteers, the Haven's Healthy Eating Program was underway, designed to teach visitors about making healthy choices. "It began with one volunteer preparing soup once a week. Now, there's enough volunteers to cook 5 days a week," says Nancy.

The volunteer cooks prepare dishes for sampling, using the pantry's most abundant produce, which can range from eggplant to ugly fruit, depending on what's been donated. The lessons also have to be practical since many of the Haven's visitors only have access to microwaves or electric skillets.

"It feels a bit like a cooking show," says Vickie Davis, the volunteer cook on Fridays. "And now, since starting the program, the produce is gone at the end of the day."

"Children run to the table asking what they can taste," Nancy adds. "Mothers are amazed that their kids will eat star fruit, kiwi, mango and almost every vegetable we offer. One young mother who always said she didn't eat vegetables has since sampled beets, eggplant, parsnips and sweet potatoes."

Today, when people enter the Haven, they're greeted by the aroma of cooking. "It puts a smile on their faces," says Nancy. "They become more talkative, and that's the start of us forming a relationship with them."

And if all goes according to Nancy's plan, that's one more family who, instead of feeling hunger, will feel a little love. ■

Life Lessons

A **Vermont shelter** teaches **families** in need how to eat more **healthfully**

By Elizabeth Russell • Photography by Reena Bammi

Nancy Chase and the volunteers at the Upper Valley Haven—a shelter, food pantry and resource center in White River Junction, Vermont—have long worked to make sure people in their community had a place to turn to meet their basic needs during periods of hardship. Not long ago, they found a unique new way to go beyond those basics.

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closeencounter

Many of our **Field Editors** are recognized in public. Here is one such experience.

“One of my most memorable ‘close encounters’ involved a woman from out of town whose husband was in the ICU at the local medical center. While waiting to see him, she was reading *Taste of Home* and saw my name. She looked in the telephone book, found my phone number and called me.

“She said, ‘I hope you don’t mind, but I’m sitting here alone in a town where I don’t know anyone, and seeing a local name made me feel like I had a friend in a strange place.’ We talked until she was able to see her husband.

“I asked her to call and let me know how her husband was, but I never heard from her again. Still, I’m happy I was home the day she called.”

—MARGARET SHAUERS GREAT BEND, KANSAS

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***Audra Marchand** Windsor

PRINCE EDWARD ISLAND

***Nancy Coughlin** Charlottetown
 Tammy Clements Murray Harbour

QUEBEC

Anne MacWhirter Hope
 Diana Frizzle Johnson
 Linda Knowlton Pointe Claire

SASKATCHEWAN

Betty Abrey Imperial
 Del Mason Martensville
 Val Lefebvre Rosetown
 Norma Harder Saskatoon
 Peggy Gwillim Strasbourg

INTERNATIONAL

***Sarah Crossland** Sandy, Retford, England
***Sarah Haengel** Yokohama, Japan
***Prec D'Silva** Dubai, UAE

An asterisk (*) indicates that the Field Editor has an online screen name. For a list of screen names, go to tasteoffhome.com/screensames



SEE YOUR NAME IN PRINT

Send in your favorite recipe or handy tip, fun idea or photo to share with other readers.

1. It's easy to send us recipes and other submissions. Simply use the convenient form at tasteofhome.com/submit.

2. When sending recipes, please be specific with directions, measurements and sizes of cans, packages and pans. Also, please share a few words about the recipe and yourself. (For recipe contest entries, please follow the directions on page 64.)

3. After you send materials, please be patient. Due to the large volume, it can take our small staff several months to review materials. We may hold your material without informing you, but we will let you know if we publish something you submitted. Materials that won't fit in *Taste of Home* may be considered for our websites, cookbooks, promotions and other publications.

4. By submitting material for publication, you grant Reiman Media Group, LLC, its parent company, subsidiaries, affiliates, partners and licensees use of the material, including your name, hometown and state. We reserve the right to modify, reproduce and distribute the material in any medium and in any manner or appropriate place. We test recipes submitted to us and reserve the right to alter them as needed. We may contact you via phone, e-mail or mail regarding your submission.

5. To send submissions via regular mail, please address them to: *Taste of Home*, 5400 S. 60th St., Greendale, WI 53129. If you have a particular department or feature in mind, please print it on the front of the envelope. You can send recipe cards or photocopies of family cookbooks, and they can be hand-printed or typed on a sheet of paper...whatever is easiest for you. If you would like mailed materials returned, please enclose a stamped, self-addressed envelope.

6. Sending photos? We accept 35mm color prints or high-resolution digital photos. Please submit digital images as jpegs at 300 dpi.



Nutrition facts for all recipes available at tasteofhome.com/plus

Noted costs are price per serving. If no cost is listed, price will vary.

*Recipe includes nutritional facts

APPETIZERS & SNACKS

Almond Custard Fondue	28¢.....23
Beer & Cheddar Fondue	55¢.....22
Blue Cheese-Onion Steak Bites	47¢.....67
Cheese Lover's Fondue	\$1.29.....23
Crispy Pub Rings	\$1.38.....69
Curry Mayo Dipping Sauce	36¢.....24
Ensenada Shrimp Cocktail	\$1.42.....20
Golden Mustard Fondue	26¢.....24
Heavenly Chocolate Marshmallow Fondue	33¢.....23
Lick-the-Bowl-Clean Hummus	56¢.....69
Savory Cocktail Scones	33¢.....65
Smokin' Hot Deviled Eggs	15¢.....21
Sun-Dried Tomato Cheese Balls	34¢.....21
Sweet & Sassy Sauce	18¢.....24

BEVERAGES

Strawberry Party Punch	36¢.....21
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BREADS, MUFFINS & ROLLS

Confetti Fiesta Braids	19¢.....59
Cran-Orange Streusel Muffins	21¢.....54
Dilled Wheat Bread	28¢.....56
Favorite Swedish Rye	16¢.....56
Overnight Refrigerator Rolls	10¢.....59
Sesame Breadsticks	11¢.....50
Tomato-Herb Focaccia	26¢.....61

BREAKFAST/BRUNCH

*Vegetable Scrambled Eggs	\$1.50.....40
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DESSERTS

Cakes	
Grandma's Lemon Poppy Seed Cake	49¢.....52
Spiced Pear Upside-Down Cake	56¢.....33
Cookies & Bars	
Chocolate Dream Whoopie Pies	41¢.....29
Go Bananas Whoopie Pies	26¢.....27

Lemony Gingerbread

Whoopie Pies	22¢.....29
Red Velvet Whoopie Pies	41¢.....27

Miscellaneous

Arroz Con Leche (Rice Pudding)	53¢.....74
Cherry Pie Chimis	\$1.52.....46
Cool Coffee Gels	51¢.....35
Lemonade Cheesecake Parfaits	\$1.09.....35
Molded Margaritas	66¢.....35
Raspberry & Rosemary Sundaes	\$1.55.....46
Rocky Road Pudding Cups	73¢.....46
Spiced Tea Delight	\$1.39.....36
Tipsy Roasted Peaches	\$1.54.....46
Tropical Rainbow Dessert	76¢.....36

MAIN DISHES

Crispy Onion Chicken	\$1.94.....64
French Onion Pizza au Gratin	\$1.31.....65
*Grilled Stuffed Pork Tenderloin	\$1.70.....41
Honey-of-a-Meal Chicken	\$1.92.....77
Italian Spiral Meat Loaf	\$1.73.....30
Italian Stuffed Portobellos	\$1.80.....69
Marsala Pork Chops	\$2.01.....67
Mediterranean Shrimp Skillet	\$4.92.....50
Nena's Papas Rellenas	\$1¢.....73
Nutty Chicken Stir-Fry	\$1.51.....48
Presto Mexican Peppers	\$2.60.....77
Saucy Garlic Chicken	\$2.50.....69
Savory Sausage Penne Supper	\$1.80.....49
Slow and Easy BBQ Ribs	\$2.20.....49
Southwest Beef Brisket	\$2.37.....77

SALADS	
No-Fuss Avocado Onion Salad	52¢.....74

SANDWICHES

*California Chicken Wraps	\$1.48.....40
Champion Lamb Burgers	\$2.49.....65
Ultimate Panini	\$2.33.....39

SIDE DISHES

Basil Baked Tomatoes	56¢.....50
Broccoli with Almonds	37¢.....49
Cuban Black Beans	88¢.....74
Glazed Pearl Onions	\$1.80.....65
Herbed Veggie Mix-Up	85¢.....31
Make-Ahead Mashed Potatoes	84¢.....31
Microwave Mac 'n' Cheese	83¢.....49
Rustic Fig, Onion & Pear Tart	82¢.....67

SOUPS & STEWS

25-Minute Turkey Chili	\$1.04.....77
Best-Ever Chicken Fajita Chowder	\$2.14.....50
Crouton-Topped Garlic Soup	\$2.05.....67
Easy Egg Drop Soup	50¢.....48
Stephanie's Slow Cooker Stew	\$1.81.....45

COOKING FOR 2?

Our Test Kitchen has "paired down" some recipes from this issue. Find these "serves 2" versions at tasteofhome.com/plus

Saucy Garlic Chicken for Two	69
Champion Lamb Burgers for Two	65
Crouton-Topped Garlic Soup for Two	67
Marsala Pork Chops for Two	67
Mediterranean Shrimp Skillet for Two	50
Ultimate Panini for Two	39



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